Calgary metro

Your essential daily news | WEDNESDAY, DECEMBER 9, 2015 | High 5°C/Low -5°C Cloudy

Finally: Missing and murdered Indigenous women inquiry announced

metroNEWS

Police are looking for two people they believe may be responsible for anti-Syrian and anti-Muslim messages spray-painted at the Tuscany LRT station.

HATE MOTIVATED CRIME: POLICE

metronews.ca for more details

Funding plan on right track

TRANSIT

Councillors to back long-term strategy for the new Green Line

Helen Pike
Metro | Calgary

Sources have told Metro as many as 10 city councillors will endorse a Green Line funding strategy as part of a notice of motion coming to council next week.

Long talked about, the idea was originally brought forward by LRT On The Green (LRTOTG) foundation back in May. They proposed earmarking $52 million from property tax annually for 30 years instead of 10 — an idea many councillors were receptive to.

If extended for 30 years, the budgeting of tax dollars would earmark $1.5 billion to help Green Line construction at no extra cost to the taxpayer.

In a recent survey completed by LRTOTG, Calgarians also seemed to agree with the funding model. Released on Monday, the survey that polled 6,000 Calgarians citywide found that of those polled familiar with the foundation, 57 per cent were receptive to extending the $52 million investment for 30 years.

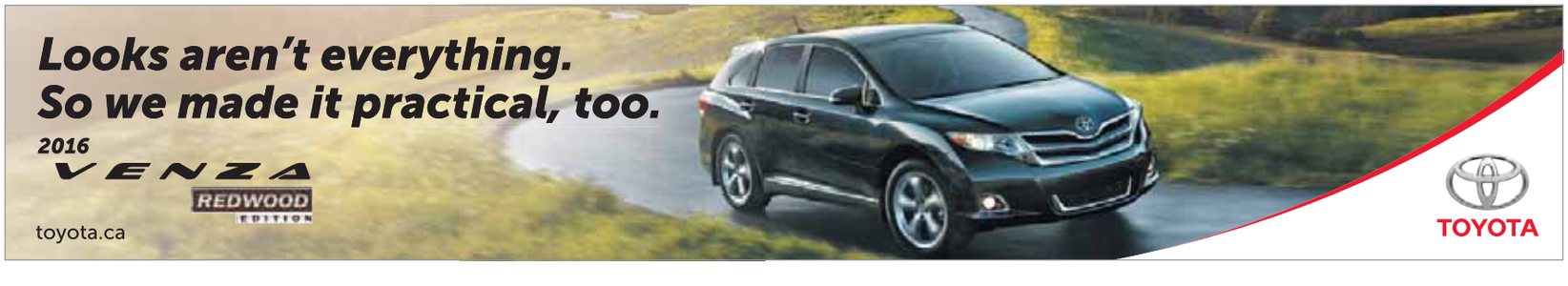
This coming Friday, councillors on the Standing Policy Committee for Transportation will discuss funding and strategy. The estimated delivery cost of the new LRT line tops out at between $4 billion and $5 billion.

NENSHI ON DONALD TRUMP

Mayor Naheed Nenshi said he's not worried about travelling to the U.S. in the future – this after Republican presidential candidate Donald Trump said Muslims should be banned from entering the U.S.

Nenshi, himself a Muslim, jokingly tweeted that nobody should tell his mother or sister they have to cancel their Hawaii vacation.

"I make fun of it because how else do you deal with ridiculous things than to treat them lightly?" asked the mayor. "But in addition to treating them lightly, I think as a community we need to stand up as good and decent people for what is good and decent." BRODIE THOMAS/METRO



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metro NEWS
Your essential daily news

Global response harsh to Donald Trump's proposed Muslim ban. **World**

ALBERTA NEWS

Nine-year-old skier dies after colliding with tree

A nine-year-old skier who was rushed to Alberta Children's Hospital Sunday, after an accident at Nakiska, has died in hospital.

In a release from Alberta Alpine Tuesday, the group stated she was a member of the Mt. Allen Ski Team, and was skiing with her group when it's believed she lost control and hit a tree off the main trail.

She was discovered unconscious and unresponsive by other skiers, then airlifted by STARS to Alberta Children's Hospital. She died later that afternoon.

"At this time, we do not have any additional information regarding this tragic accident," read the release. "Our thoughts and prayers are with the athlete's family, friends (and) her coaches." METRO

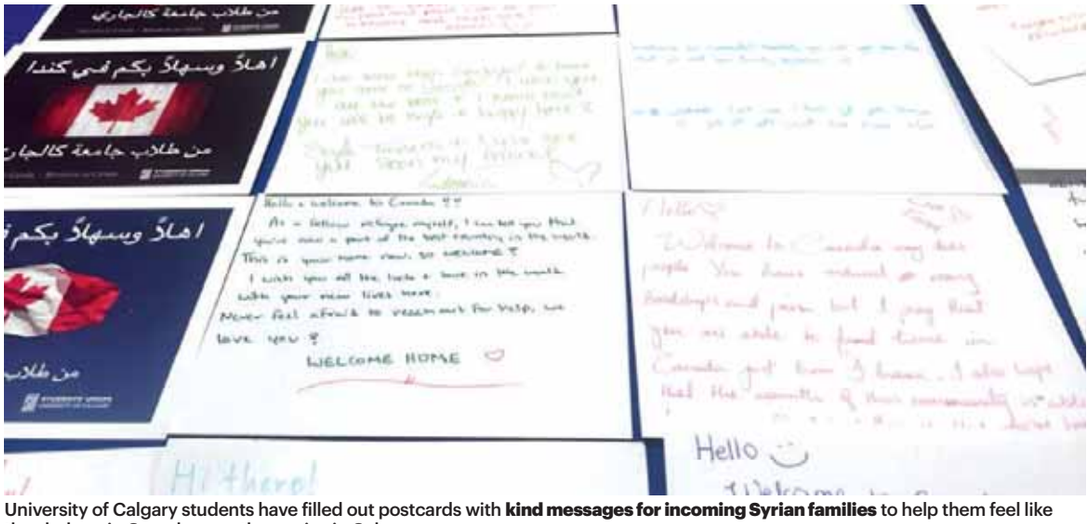
Police charge three for sharing images of women

Okotoks RCMP have charged three young men for distributing intimate images of young women.

The three cannot be named under the Youth Criminal Justice Act.

RCMP said the charges come from an ongoing investigation, in which several friends were sharing private pictures of females they knew. RCMP believe more victims will come forward in relation to the investigation.

The three suspects have been released from custody. They make their next court appearances in Okotoks on Dec. 18. METRO



University of Calgary students have filled out postcards with **kind messages for incoming Syrian families** to help them feel like they belong in Canada once they arrive in Calgary. COURTESY SARAH POUSETTE

Warm postcards welcome refugees

IMMIGRATION

Students hope Canada-bound Syrians will feel wanted

Aaron Chatha
Metro | Calgary

Postcards — normally a friendly reminder to those back home that you're off on an adventure. However, the Students' Union at the University of Calgary is putting their own spin on it by sending postcards to Syrian refugees, who are just about to end the most harrowing trek of their lives when they arrive in Canada this year.

"We decided to create a bunch of postcards for all members of the campus community to be able to write messages, to welcome refugees that will be coming to Canada," said chair of the refugee student board Sarah Pousette.

The postcards include messages like, "I am beyond thrilled for you!" and "Wish you all the best with the winter!"

The front side of each postcard is the same — a Canadian flag, with Welcome to Canada written in English, French and Arabic.

On the back, students have personalized the cards with personal messages, which will be delivered to incoming refugees through the Calgary Catholic Immigration Society.

"We believe in welcoming refugees not just to Calgary, but to campus," said Pousette. "We want refugees to know, when they come, they should feel extremely welcome, and there's this whole group of people on campus that really want them to be here."

Pousette said the postcards are just an add-on to many refugee programs they run — the biggest being an initiative where they sponsor two refugee students each year. That program has been running since 1986.

COURT

Lawyers step up to fight for little girl

Jeremy Simes
For Metro | Calgary

Two lawyers have stepped forward to offer free services for an Alberta couple fighting for the life of their baby girl.

Will Mammo and Anna Motsyk were granted a temporary court injunction in their case Monday, allowing their daughter to stay on life support for the next month.

During court Monday, Mammo and Motsyk didn't have a lawyer to represent them.

They asked the judge to adjourn the case, so they could get a lawyer and other documents to prove their daughter Hermella's health was improving.

"We are so grateful lawyers have stepped forward," said Motsyk. "This is unbelievable. We are going to contact them right away."

The family is now talking to both lawyers to decide who will handle the case.

Their daughter, Hermella, was diagnosed at the age of two months with a rare form of cancer. She was treated for the cancer, but was declared brain dead after contracting a virus.

The family says she has been improving and is now able to open her eyes, move her limbs and responds to voices.

The case is adjourned until Jan. 4, giving the couple and medical staff another month to see how Hermella progresses.

Choosing the program that's right for you is a big decision. That's why SAIT Polytechnic offers information sessions – your golden opportunity to discover your program options, ask questions and sometimes, tour our campus.

Our sessions are free and range in topic and timing. Details on all our sessions can be found on the events calendar at sait.ca. Here are just a few we're offering this month:

ENGLISH LANGUAGE FOUNDATIONS

We offer English language upgrading to help ESL learners live, work or pursue further education in Canada. Attend this session to discover how to get started at SAIT, learn about the English Language Foundations program, your funding options and what we can do to support your goals.

Join us on Wednesday, December 9 at 6:00 pm in Room NN108, Chinook Lodge Aboriginal Resource Centre in the Senator Burns Building.
For more information or to confirm your attendance, please call 403.210.4045 or email elf.infosession@sait.ca.

BROADCAST SYSTEMS TECHNOLOGY

Looking for a unique career that combines your resourcefulness with your technical expertise? The Broadcast Systems Technology program at SAIT Polytechnic is the perfect answer as it focuses on the technical aspects of the broadcast industry, and qualifies graduates for well-paying jobs that are in high-demand. Get trained on emerging digital systems so you can start a career you will love in the exciting world of audio and video technologies!

Join us on Wednesday, December 9 at 7:00 pm in Room E114 in the John Ware Building.
Call 403.284.8081 or Email bxst.info@sait.ca to confirm your attendance or for more information.

GEOSCIENCE INFORMATION TECHNOLOGY

Are you interested in an oil and gas career that combines geology and geophysics and computer science? If so, then the Geoscience Information Technology diploma program will provide you with the computer skills geared towards the energy sector and numerous other industries.

Join us on Wednesday, December 9 at 7:00 pm in Room MD217 in the Stan Grad Centre.
Call 403.210.5753 or Email expt.info@sait.ca to confirm your attendance or for more information.

JOURNALISM AND PHOTOJOURNALISM

Interested in a career that combines your creativity with your resourcefulness? The Journalism and photojournalism programs at SAIT are the perfect solution as they focus on communications, News writing, and photojournalism. Get trained at SAIT, and start a career that you will love.

Join us on Wednesday, December 9 at 7:00 pm in Room H101 in the Senator Burns Building.
Call 403.284.8849 or Email ja.info@sait.ca to confirm your attendance or for more information.

LIBRARY INFORMATION TECHNOLOGY

Information management is a growing high-tech career path. The Library Information Technology program at SAIT is the perfect solution as it focuses on database searching, how to access information and helping people find information. Get trained at SAIT in a career that combines your high-level organization skills with technology.

Join us on Wednesday, December 9 at 7:00 pm in Room H105 in the Senator Burns Building.
Call 403.284.8849 or Email: lit.info@sait.ca to confirm your attendance or for more information.

SAIT POLYTECHNIC

Paramedics are concerned about a policy that says no back-up during orange-alert situations, unless approved by a supervisor. JENNIFER FRIESEN/FOR METRO

Orange alert policy vexes paramedics

FIRST RESPONDERS

Firefighters not allowed to use sirens in back-up role

Jeremy Simes
For Metro | Calgary

Calgary paramedics are questioning why firefighters can't turn on ambulance sirens when transporting patients to hospitals in emergency situations.

The issue stems from a recent policy signed by an Alberta Health Services executive in August. Metro obtained the policy Tuesday.

During what's known as an orange alert — a situation where eight or fewer ambulances are available — paramedics will not be given back-up support from other paramedics, according to the policy.

According to Elisabeth Ballermann, president of the Health Sciences Association of Alberta, crews in Calgary are in orange alert situations on most days by 10 a.m.

The policy said crews can still ask for back-up and, if approved by a supervisor, firefighters — or other first responders — are sent to help in emergency situations.

Once a firefighter arrives, he or she can either assist in the back of the ambulance or drive.

If they drive, they can't turn on the sirens, which can be problematic during a traffic jam on Deerfoot, Ballermann said.

"I have not seen why a firefighter wouldn't run sirens, and I don't know what the rationale is behind that," she said.

In an email, an AHS spokesperson said lights and sirens aren't used for patient safety reasons in such incidents.

"If the need to transport lights and sirens is a priority, paramedics can choose to have their partner drive and have an MFR partner (firefighter) assist in the back of the ambulance," the email read.

However, Ballermann said paramedics are best suited for the job when treating a patient in severe circumstances.

"If you need a paramedic in the back (of an ambulance), then the firefighter can't run lights or sirens," she said. "That's going to have an impact on transport time."

The policy said an AHS employee must drive the ambulance or have field supervisor approval for the firefighter to operate it, if the patient warrants it.

2016 JUNO AWARDS

Cara to headline music show

Alessia Cara, who's best known for her anthem for those who secretly hate parties, will be headlining Canada's biggest music party come April in Calgary.

Announced by CTV and the Canadian Academy of Recording Artists (CARAS) on Tuesday, the Here singer will perform at the Scotiabank Saddledome for the 2016 Juno Awards on April 3.

"With a soulful voice around the world, Alessia Cara is one of Canada's brightest young artists," said Allan Reid, president and CEO of CARAS. "We're extremely proud of her global chart-topping success and we can't wait for her Juno stage debut."

Alessia Cara. THE CANADIAN PRESS FILE

Cara is among a host of Juno sneak peeks announced by CARAS.

The awards show is also requesting artist submissions for JunoFest, showcasing the best Canadian artists in venues across Calgary.

Artists looking to participate in JunoFest can apply at junofestsubmissions.ca. They will be accepted between Dec. 8 and Jan. 29.

Tickets for the awards show go on sale Friday at 10 a.m. Tickets start at $34, and are available online, in person or over the phone.

JEREMY SIMES/FOR METRO

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CITY: 11.6L/100 KM▼

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Christmas musical full of misbehaviour

THEATRE

Naughty but Nice celebrates the holidays with realness

Jeremy Simes
For Metro | Calgary

From left, Scott Olynek, Selina Wong, Katherine Fadum and Ahad Mir star in Naughty but Nice.
KRISTIAN JONES/ CONTRIBUTED

This isn't your typical Christmas musical.

In fact, Forte Musical Guild's Naughty but Nice goes to a place many don't dare, according to Joe Slabe, artistic director for the show. But it's also very real, he added.

"People have a very complicated relationship with the holidays," he said.

Katherine Fadum, who starred in last year's rendition, said the musical reveals what many experience during Christmas time.

"It's just kind of the idealism of classic Christmas songs in movies is pulled away slightly," she said.

This year, the cast — for the most part — the songs and the musical's level of naughtiness are new, Slabe said. "We've tried to make it about 30 per cent naughtier," he said with a laugh.

What makes Naughty but Nice, well, naughty? Slabe confirmed the cast isn't prancing around naked, like the show's poster board suggests. But, he said the show uses stronger language, and goes against typical cookie-cutter themes.

"We drink a little more than some normally would," Fadum said. "And we celebrate a little more in various ways."

That's not to say Naughty but Nice doesn't have a heart, Slabe added. "It definitely embraces the spirit of the holidays," he said, adding the show will highlight an assortment of traditions.

There will be an ode to a Jewish woman who explains to her rabbi that her "Christmas" tree is, in fact, a "New Year's" tree.

Another performance thanks Christians for Christmas, as it gives atheists, Muslims and other non-Christmas celebrators the day off work. Slabe said his favourite track is Bling, a song that packs hip-hop vibes about a woman who simply loves jewels.

Naughty but Nice opened Tuesday at the Lunchbox Theatre and runs until Dec. 20. Through Tuesdays to Saturdays, showtimes are at 8 p.m. Matinees are on Saturdays and Sundays at 3 p.m.

TRAFFIC

Nenshi puts brakes on advocates' plan

Helen Pike
Metro | Calgary

A Calgary group has pledged not to sit idly by in traffic, and call on the city to get motorists moving again.

On Tuesday, Common Sense Calgary, a local advocacy group funded by the Manning Foundation and several other stakeholders, called on the City of Calgary to craft a motorist strategy.

This comes on the heels of the 2015 Citizen Satisfaction survey outlining infrastructure, traffic or roads as one of the top concerns.

The survey showed 36 per cent of Calgarians see infrastructure, traffic or roads as an important issue — which is down from 46 per cent in 2014.

Common Sense Calgary executive director Stephanie Kusie holds up the city's transportation plan, a document she's read from cover to cover — but she says there's something staff missed in their detailed plan: motorists.

"It focuses on pedestrians, transit, bikes — there's nothing in here that addresses motorists, and that's what we need to see," Kusie said. "This doesn't focus on vehicles this doesn't focus on the motorists, it focuses on every type of mode but the vehicle."

> **They've had nothing useful to say so far, so let's give it a try.**
> Naheed Nenshi

Monday, when asked about their announcement, Mayor Naheed Nenshi wasn't thrilled.

He said the city addresses issues like congestion through the transportation plan.

"We have lots and lots of transportation engineers who work on this every single day, so if our friends from the Manning Centre and Common Sense Calgary have lots of smart transportation engineers I'd love it if their answer is build more roads and synchronize green lights. Try again."

Kusie said the city does address different motorist strategies, but it's a piece-meal approach and Calgarians need a comprehensive plan.

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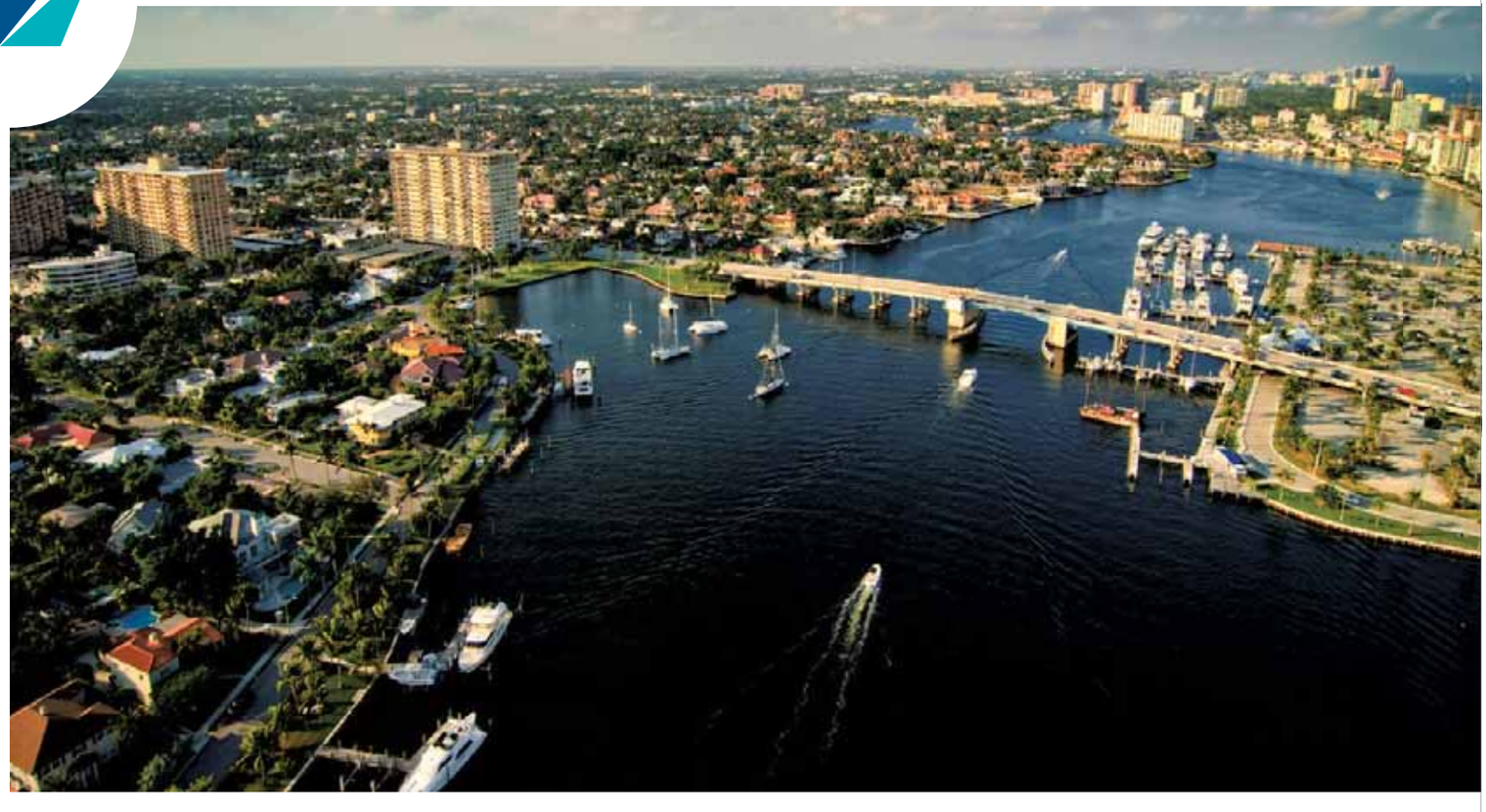

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Council OK's plans for development

PROVIDENCE

Mayor, farm owners and councillor raise concerns

Brodie Thomas
Metro | Calgary

A new planned community in Calgary's southwest has cleared its first hurdle, despite opposition and concerns from neighbours and landowners on Tuesday.

Providence has been described by designers as a city within a city, and much of the land will be set aside for industrial and office space.

Councillors heard from developers, nearby landowners, and city administration about the Area Structure Plan (ASP) for Providence before voting in favour of approving the plan.

Only Coun. Brian Pincott opposed the plan, based on concerns from residents.

Those residents included members of the Broadlow family, who Metro first reported on last week.

They are worried about the implications runoff from the development will have on their farmland.

A lawyer representing the family called on council to send the report back to administration until a master drainage plan could be completed.

Mayor Naheed Nenshi put specific questions to administration about the family's concerns.

Jill Sonego, a city planner and team lead for the Providence ASP, explained the ASP is only the framework for future refinements.

After the ASP had been passed, family member Leslie Chisholm expressed her disappointment in the decision.

"We are still not being heard," she said.

Some of the land that would become the community of Providence in Calgary's southwest.
CONTRIBUTED

> **We are still not being heard ...** there are several important issues and they are not being addressed.
> Leslie Chisholm

"I thought our (presentation was) quite clear that there are several important issues and they are not being addressed."

Coun. Andre Chabot noted that the regional athletic facility is far south from the planned green line, which would run along the northern part of the development.

"If it's not just a local but a regional athletic facility, you'd think you'd want it in closer proximity to major transit," said Chabot.

Council addressed this concern with a motion arising after the ASP had been approved. The motion called on administration to further explore options for placement of the regional athletic facility.

END OF AN ERA

Cecil Hotel comes tumbling down

Jennifer Friesen
For Metro

After more than 100 years of history, the faded blue walls of Calgary's notorious Cecil Hotel were torn down on Tuesday morning.

The building sat on the corner of 4 Avenue and 3 Street SE since 1912, but closed down in 2008 after garnering a reputation for drugs, prostitution and other crimes.

The City bought the property that year and later sold it to the Calgary Municipal Land Corporation (CMLC), and now they're levelling the land to make way for a high-rise mixed-use development.

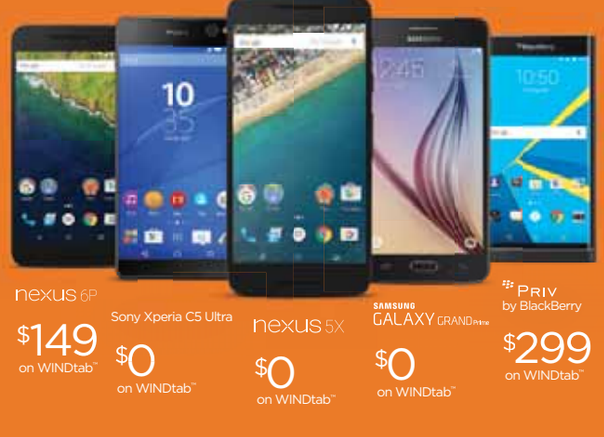
Although some Calgarians hoped to save the building, Susan Veres with the CMLC said they've mostly been hearing messages of support.

"Through flood and fire, this building couldn't stand and we needed to take it down," she said as the first walls were torn down behind her on Tuesday morning. "There are a lot of good stories from the Cecil, but I don't think there are a lot of people from Calgary who are sad to see the building come down today."

Still, the CMLC has salvaged elements of the old Cecil, including bricks that the future developer is hoping to use, and the old Cecil Hotel sign, which Veres said will "find its way to East Village," once it's restored.

The demolition will take a maximum of seven days, but plans for the land won't be announced until early 2017.

Three photos were taken through the day Tuesday, showing **different stages of the Cecil Hotel demolition.**
JENNIFER FRIESEN/FOR METRO



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PM Justin Trudeau and AFN National Chief Perry Bellegarde at the Assembly of First Nations Special Chiefs Assembly. Bellegarde said he's confident that Trudeau is listening to the different needs of First Nations. ADRIAN WYLD/THE CANADIAN PRESS

Trudeau ends funding cap

FIRST NATIONS

Missing and murdered women probe announced

The leaders of Canada's First Nations swaddled Justin Trudeau in a ceremonial blanket Tuesday as they embraced the newly elected prime minister's commitment to what he called a "sacred obligation" to the country's Aboriginal Peoples.

Trudeau didn't show up empty-handed, either.

The Liberal government will lift a long-standing two per cent cap on federal funding for First Nations communities, he told the Assembly of First Nations gathering — that, despite mounting economic and political pressure on the federal pocketbook.

He said the Liberals would also provide additional money for long-awaited education reforms to be led by First Nations communities themselves, another long-standing sticking point with the previous Conservative government.

And he repeated one of the most anticipated promises of the 2015 campaign: to investigate the tragedy of missing and murdered indigenous women and girls. Three of his cabinet lieutenants kicked off the first consultative phase of what will be a federal inquiry next year.

"I promise you that I will be your partner in the years to come, and hope that you will be mine," Trudeau said.

The removal of the funding cap, which was imposed to keep transfer payments in line with inflation, has been top of the First Nations wish list for years. Critics say it has long since fallen out of step with a growing aboriginal population across the country.

But the most anticipated news came later, when Justice Minister Jody Wilson-Raybould, Indigenous Affairs Minister Carolyn Bennett and Status of Women Minister Patty Hajdu detailed the first phase of the inquiry.

Wilson-Raybould, one of two cabinet ministers with indigenous roots, said the government will consult the families of victims over the next two months for their input on the inquiry's shape and its goals.

"No inquiry, as we know, can undo what happened nor can it restore what we have lost. But it can help us find ways forward because we know, as a country, we can and must do better."

THE CANADIAN PRESS

We are going to go out and listen to what people say this needs to look like. Indigenous Affairs Minister Carolyn Bennett

POLITICS

Promise fulfilled

Michael Woods
Metro | Ottawa

With the Tuesday announcement that it's launching a national public inquiry into missing and murdered indigenous women, the new Liberal government followed through on a central promise in its efforts to renew the relationship with Canada's indigenous peoples.

The Liberal election platform had promised to launch an inquiry "immediately."

There is no strict timeline, but Carolyn Bennett, the indigenous affairs minister, said it will last "as long as it takes to get it right.

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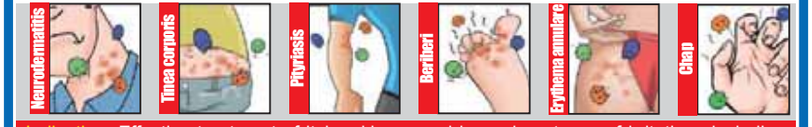
Case 3: James, 26, suffered from facial dermatitis for many years. He went to see doctors, but dermatology drugs with hormones didn't help. With Jian Pai Skin Healer, his face became smooth and clear in 10 days. He had only one relapse in two months, and hasn't suffered from facial dermatitis for the past 9 months.



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SAN BERNARDINO

Killer pair practised at shooting range

Days before killing 14 people at a holiday party, Syed Farook practised with a rifle during one of several recent visits to a Southern California shooting range, authorities said. Sometimes he was joined by his wife, his partner in the attack.

Farook visited Riverside Magnum Range in San Bernardino on Nov. 29 and 30, according to an instructor at the range about 32 kilometres from the Inland Regional Center, where the couple opened fire on Farook's co-workers on Dec. 2.

Firearms instructor John Galletta said nothing was out of the ordinary about Farook's behaviour but that Farook asked a range employee why his rifle might be smoking. He was told it was most likely because it was new.

The FBI said Farook and his wife, Tashfeen Malik, embraced violent Islamist ideology.

"Both subjects were radicalized and have been for quite some time," said David Bowdich, chief of the FBI's Los Angeles office. "How did that happen and by whom and where did that happen? Right now we don't know those answers."

> **How are you able to determine what somebody's intents are?**
> Instructor John Galletta

Authorities also disclosed that a year before the rampage, Farook's co-workers at the San Bernardino County health department underwent training on how to react to a workplace shooter in the same conference room where the couple opened fire.

THE ASSOCIATED PRESS

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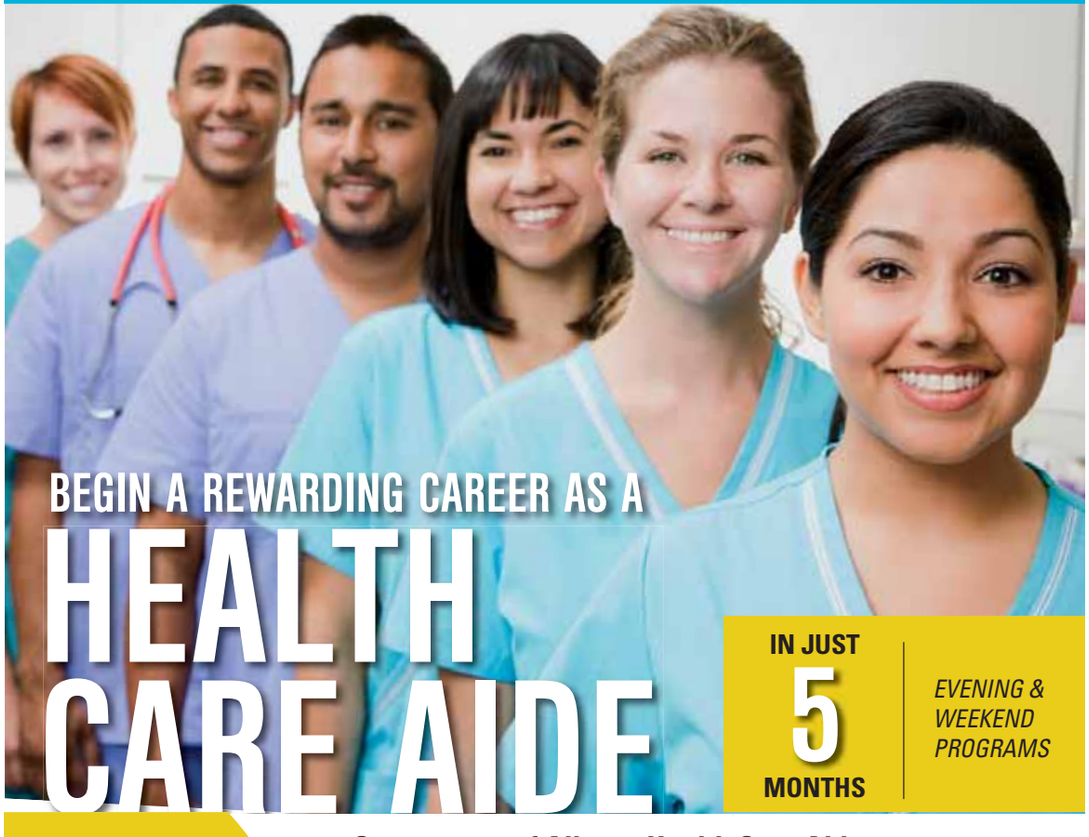

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Republican presidential candidate and businessman Donald Trump speaks during a rally aboard aircraft carrier USS Yorktown in Mt. Pleasant, S.C., Monday. MIC SMITH/THE ASSOCIATED PRESS

Outrage on global scale

UNITED STATES

Trump stands by plan to ban Muslims from entering U.S.

U.S. Republican presidential candidate Donald Trump's call to block Muslims — both immigrants and visitors — from entering the U.S. is being met with a chorus of near-universal condemnation from across the country and around the globe.

From the halls of Congress to 10 Downing Street, Trump's statement Monday advocating a "total and complete shutdown of Muslims entering the United States" was blasted as bigoted, unconstitutional and potentially dangerous for American interests abroad.

Trump's proposal is down to what he describes as hatred among "large segments of the Muslim population" toward Americans.

British Prime Minister David Cameron slammed the proposal as "divisive, unhelpful and quite simply wrong."

UN spokesman Farhan Haq said Secretary-General Ban Ki-moon denounced "any kind of rhetoric that relies on Islamophobia, xenophobia, any other appeal to hate any groups."

The Church of Jesus Christ of Latter-day Saints issued a statement in support of religious freedom.

"This is not conservatism," Republican House Speaker Paul Ryan told reporters. "What was proposed yesterday is not what this party stands for, and more importantly it's not what this country stands for."

Trump didn't back down from his proposal Tuesday, saying that banning Muslims "until our country's representatives can figure out what the hell is going on" is warranted after last month's attacks by Muslim extremists in Paris and last week's shootings in San Bernardino, Calif.

THE ASSOCIATED PRESS

EXPERT INPUT

Disaster for Canada

Jessica Smith Cross
Metro | Toronto

Trump's statement that he would ban Muslims from the U.S. is only the latest in bigoted politics that would spell disaster for both the U.S. and Canada, one expert says.

If Trump becomes president, it would cause contention within the U.S. that the country hasn't seen since its civil war, and lead to a major decline in America's moral influence in the world, worse than the era of George Bush Jr., said Stephen Clarkson, a political science professor at the University of Toronto.

A President Trump would be a disaster for Canada too, considering its close economic ties and shared border with the U.S.

Should Trump's bombast lead to a military action or another act of terrorism against the U.S., Canada has obligations under NATO to respond, Clarkson said.

66% Spike In Recent Foreclosures Plus Aging Baby Boomers Downsizing Creating Discounted Property Frenzy In U.S.

New Real Estate Bonanza

Right now while you are reading this, hedge funds are buying U.S. property in mass. Foreign nationals are loading up on houses as fast as they can. Some savvy individuals are snapping up housing in the U.S. like never before.

In October, *Reuters* reported private investment firm Starwood Capital Group got in the game. They purchased 23,262 mid-rise and garden-style apartments for a whopping $5.37 billion. Other hedge funds are buying entire subdivisions under construction.

The Chinese are the number one overseas investors of U.S. real estate. Often they will buy 10 condos at once, sight unseen.

Does all this investment activity show the U.S. headed for another property bubble? The answer is no.

Demographics are driving demand for rental property to heights unseen in American history. *Bloomberg Business* says rents are only going higher.

The Millennials saddled with student debt, are choosing to rent. Others want to live in cities and avoid long commutes home ownership often demands.

One of the fastest growing demographic segments in the U.S. is those over age 65. Their downsizing activity is flooding the market with discounted property.

Foreclosures, Flips & Flowing Money

Foreclosures clogged in the U.S. courts are now surging. Those that know how are gaining windfalls of opportunity for flips or portfolio growth.

Yet individual investors are asking, "Can I still find good deals in U.S. property?" The answer is an emphatic YES.

Warren Buffet told CNBC he would buy a couple hundred thousand single family homes if he could.

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Survey shows big problems at CBC

REPORT

Workplace psychologically unhealthy, staffers say

Many employees of Canada's national broadcaster believe the CBC workplace is psychologically unhealthy and managers do not deal effectively with issues that may threaten or harm them, according to an internal survey carried out following the Jian Ghomeshi scandal.

"Psychological health and care for individual well-being are significant concerns," says a report released internally to CBC. The results show 43 per cent of survey respondents said they would not describe their workplace as psychologically healthy.

Concerns were also raised by survey respondents over whether the CBC deals effectively with "situations that may threaten or harm employees." Almost a third (29 per cent) said the CBC does not.

A CBC spokesman said the results of the survey are "humbling." Chuck Thompson said it "provides a new baseline from which we will address the concerns expressed."

The survey, conducted for CBC in the summer by Gallup, also showed that "pride of association" in the national broadcaster has plummeted from 92 per cent of employees feeling proud to be CBC journalists and support staff in 2012 to 69 per cent in 2015.

Just over one half of the CBC's 7,600 full- and part-time employees completed the survey. The questionnaire asked people to answer the questions on a 1-5 scale from "strongly disagree" to "strongly agree."

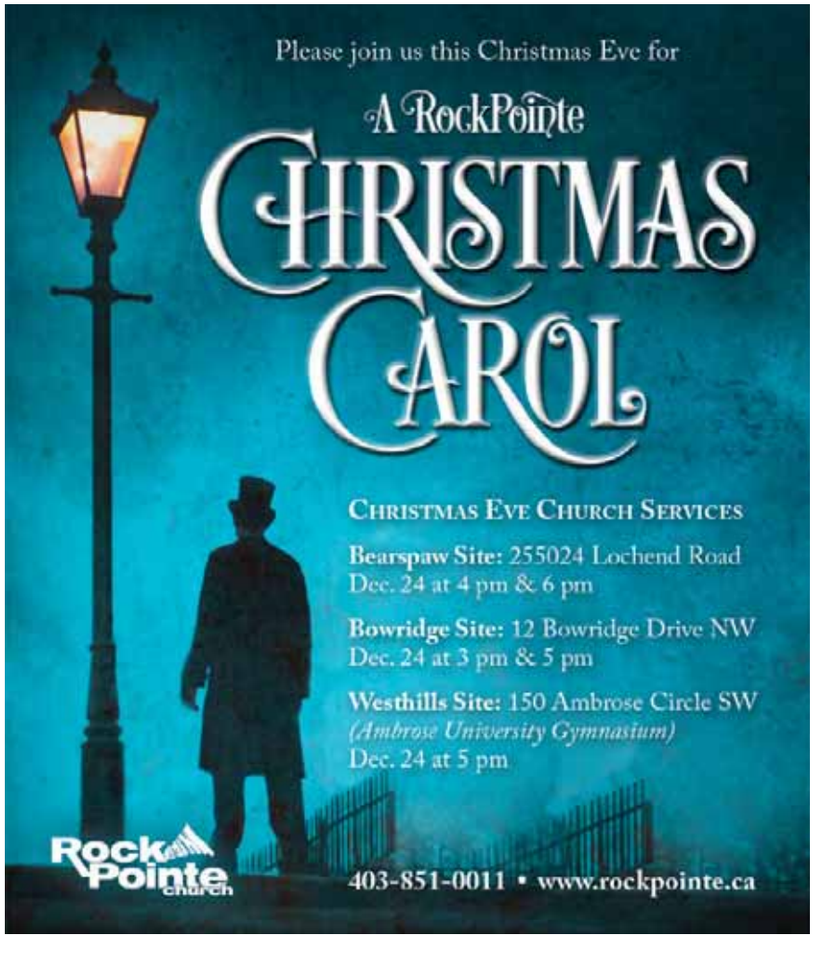
It was sent out in the wake of the Ghomeshi scandal and the report by lawyer Janice Rubin, which found that CBC suffered from a "host culture" that allowed a top talent like the former Q host to get away with harassing behaviour.

The commentary provided along with the survey references the Rubin report and states that the CBC's response to the findings are "in full swing and should help to restore a workplace we can all be proud of." The commentary said it is important that CBC managers work at "establishing and nurturing strong relationships and healthy and respectful daily interactions."

TORSTAR NEWS SERVICE

> **Psychological health and care for individual well-being are significant concerns.**
> Report released internally to CBC

BOSTON CHIPOTLE ROCKED BY NEW OUTBREAK Chipotle, still trying to recover from a multi-state outbreak of E. coli, has closed a restaurant in the Cleveland Circle neighbourhood of Boston after 80 students at Boston College, including the men's basketball team, reported "gastrointestinal symptoms" after eating at the chain. Chipotle says it thinks the latest illnesses are an isolated case of norovirus and unrelated to the E. coli cases. THE ASSOCIATED PRESS



AWARD-WINNER

Top whisky flies off shelves

It was recently named World Whisky of the Year, but good luck getting your hands on a bottle of Crown Royal's Northern Harvest Rye, as the award-winning Canadian whisky is flying off the shelves.

In Ontario, for example, sales at LCBO stores have increased more than 400 per cent thanks to the accolade. The product is available only on a first come, first served basis in the province. No bottles can be reserved or specially ordered because of the high demand.

The Northern Harvest Rye is the first Canadian whisky to receive the honour of being named World Whisky of the Year by revered whisky connoisseur Jim Murray.

Murray's Whisky Bible is the go-to guide for whisky enthusiasts, and each annual edition contains thousands of detailed whisky reviews and notes.

A 750 millilitre bottle is sells for $30.60 in Ontario.

Alistair Kidd, whisky brand director at Diageo Canada, which distributes the Northern Harvest Rye, said that being named whisky of the year turned the beverage into "a hot commodity among Canadian consumers leading into the holidays."

A bottle sold for over $165 on eBay in Germany this week, while a bottle was put up for sale last week in Toronto on Craigslist for $80.

TORSTAR NEWS SERVICE

Crown Royal's Northern Harvest Rye. CONTRIBUTED

IN BRIEF

Food industry resists mandatory GMO labels

Food companies in the U.S. are mounting an aggressive year-end push to head off mandatory labeling of genetically modified foods. The food industry wants the labeling to be voluntary, and it hopes to get a provision in a massive spending bill that Republicans and Democrats want to wrap up this week. If that becomes law, states could not require companies to disclose whether their products contain genetically modified organisms, or GMOs. The food companies say genetically modified foods are safe and that labels would be misleading.

THE ASSOCIATED PRESS

market minute

DOLLAR 73.60¢ (–0.40¢)

TSX 12,922.47 (–120.36)

OIL $37.51 US (–14¢)

GOLD $1,075.30 US (+10¢)

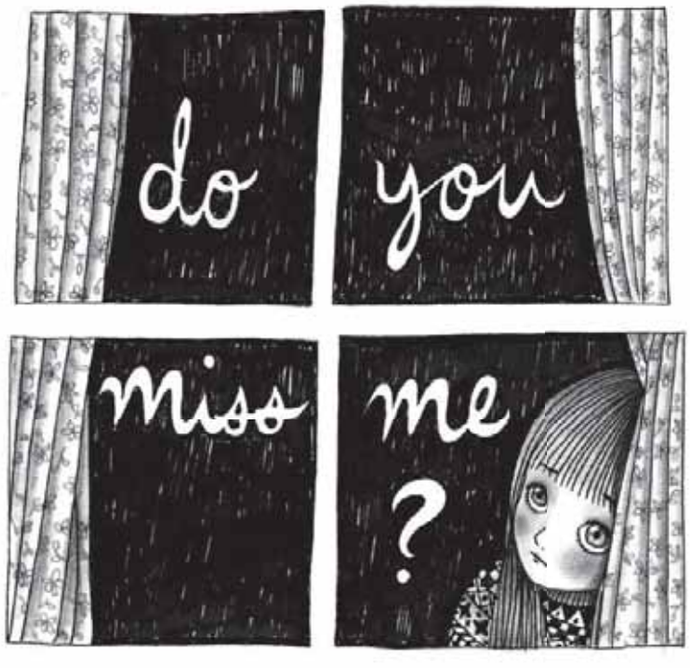
NATURAL GAS: $2.070 US (+0.3¢)
DOW JONES: 17,568.00 (–162.51)

metro VIEWS
Your essential daily news
Wednesday, December 9, 2015

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I made the mistake of starting things back up with someone I had a "casual" relationship with. He didn't want me to be involved with any other guys, but he wanted to see other women. I blocked his number. Now I miss our friendship. What should I do?



Ani Castillo

Dear Ellen,

I made the mistake of starting things back up with someone I had a "casual" relationship with. The last time we saw each other he was really emotional about an ex-girlfriend and told me he still loved her. When we originally stopped talking, I didn't mind. But when we reconnected, I started to feel an emotional connection to him. After the last meeting, I truly felt hurt. I cried. He wanted us to continue seeing each other, but he didn't want me to be involved with any other guys. The sad part was he wanted to see other women, including me, but sleep with just his ex and me. I decided enough was enough. I texted him after the last meeting, letting him know we could not continue down the same road. I didn't give him a chance to respond. I blocked his number. Lately I find that I can't stop thinking about him. I miss him and our "friendship." What should I do?

L, Toronto, Ont.

Dear L,

Some might say this is not, strictly speaking, an etiquette question. But I've found through my own romantic ups and downs that good manners can often help guide the way through emotional thickets. So let's see what we can do for you in regards to politely handling your own broken heart.

First, let's look at his behaviour. He sounds pretty screwed up. But at least he's not sneakily hiding his desire to get back with his ex-girlfriend. And he's been absolutely forthright about his ridiculous proposition that you remain available to him — and him alone — while he dates as many women as he wants while continuing to sleep with both you and his ex. So, credit to him for being honest, albeit insanely unreasonable.

It also sounds as if you've been straight with him, which shows your own excellent manners. You respectfully informed him in a text that you could not accept the "road" he was offering. Then you blocked his number. Is it rude to cut off communication like this?

Yes, if the other person deserves to be heard (and your conscience will tell you if that is the case). But it's not rude if you've both had your say and it's clear that one or both parties want the relationship to end.

Which brings us to your question: What should you do?

If you break down and see him, and give him what he wants (sex and friendship with no commitment while he sleeps with his ex-girlfriend), you will resent him and suffer. If you stay strong and keep his number blocked, but continue to obsess about him and wonder if you've made a huge mistake by cutting him off before he's had a chance to change and see how wonderful you are, you will doubt yourself and suffer.

I'm sorry to have to tell you this, but your only choice right now is to suffer. Respect your broken heart, and expedite the healing process by forgetting what you "should" do. You're already doing it — agonizing through an impossible situation that only time will heal (and it will).

I'm sorry to have to tell you this, but your only choice right now is to suffer.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

The power of affirming that racism and sexism kill indigenous women

"It is time to hear their voices. It is time for justice," declared Claudette Commanda, an elder and band council member from Kitigan Zibi Anishinabeg Nation in Quebec, an eagle feather in her hand.

She stood on Parliament Hill, welcoming reporters and family members of missing and murdered indigenous women to the announcement we all knew was coming: a national inquiry. It had all the trappings of a press conference, but the scene was imbued, even via a live video feed, with something different.

Something approaching humility, even sisterhood.

Commanda asked for a moment of silence for lives lost, and holding the feather high above her head, she teared up. She expressed hope for an end to violence against indigenous women, but her emotion suggested that she may actually believe in this announcement, believe there will be change.

Jody Wilson-Raybould, the minister of justice and a former B.C. First Nations chief, hugged Commanda before taking the podium. She, and the ministers of status of women and indigenous and northern affairs, attended a traditional ceremony the day before. They were carrying the eagle feathers gifted to them. As each finished speaking, they hugged, kissed cheeks.

It was as if a support circle stood behind the podium: Four women embracing each other and indigenous teachings in the search for answers to deeply engrained violence. Ministers listening to Commanda's prayer for help from the Creator with more than impersonal respect.

This wasn't the only heartfelt government announcement ever made. But it felt as if the "government" had been knocked from some pedestal. The welfare of indigenous Canadians, or all Canadians, had been put in its place.

That the press conference was about women, and delivered only by women, also felt significant — though women have given press conferences before. But these women seemed bound by their hearts as well as their priorities.

The ministers delivered talking points, citing high rates of violence against indigenous women, the need for justice and violence prevention.

The need to not be a government program, but a program devised by the people, to be implemented by government. Hence the choice to let the inquiry's details be shaped by consultation with experts and victims' families.

The media pressed for details. One CBC reporter asked about the impact of racism, and Indigenous and Northern Affairs Minister Carolyn Bennett was unequivocal: "Racism and sexism in this country kills," she said. Behind the podium, the women hugged.

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Odds in fans' favour for Hunger Games prequels
Lionsgate studio vice chairman says movie franchise will live on

4 Treats To Wow This Season

You don't have to be a kid to crave cookies this time of year. The holiday season is the one time you have a licence to bake (and eat) any (and all kinds) of treats. And you should. Homemade sweets are an easy way to make anyone feel giddy with happiness, and are impossible to resist. From spicy gingerbreads to sugar balls, these goodies make a thoughtful gift or easy dinner party dessert. They also taste pretty good with your morning coffee.

HOLIDAY TREATS

Festive Chocolate Thumbprint Cookies

Ceri Marsh & Laura Keogh
For Metro Canada

As classic as a sugar cookie, thumbprints can look sophisticated with a sparse sprinkling of icing sugar or kid-approved with lots of bells and whistles. We like bells and whistles.

Makes about 2 dozen

INGREDIENTS

- 1 cup spelt flour
- 1/2 cup all-purpose flour
- 3/4 cup granulated sugar
- 1/2 cup unsweetened Dutch-process cocoa powder
- 1 tsp baking powder
- 1/2 tsp salt
- 6 Tbsp unsalted butter, melted
- 2 large eggs, lightly beaten
- 1/2 cup confectioners' sugar
- holiday sprinkles, silver dragees, crushed candy cane, mini chocolate chips

DIRECTIONS

1. Preheat oven to 325 F.

2. Whisk the flours, granulated sugar, cocoa powder, baking powder and salt in a medium bowl. Add the melted butter and eggs and stir until combined.

The dough will appear very dry just keep working it until you've incorporated all the ingredients. Cover and refrigerate the dough until firm, about 20 to 30 minutes.

3. Line two baking sheets with parchment paper and set aside. Place the confectioners' sugar in a bowl. Place the other toppings out in small bowls.

4. Remove dough from refrigerator. Scoop a tablespoon size amount of dough and roll it into a ball. Drop the ball in the confectioners' sugar and coat the outside.

Place it on prepared cookie sheet. Slightly flatten it with the palm of your hand and then press your thumbprint into the centre. Fill the centre with your choice of decoration. Repeat until dough is finished. Be sure to space the cookies two inches apart.

5. Bake cookies until puffed and slightly cracked, about 10 minutes. Let cool three minutes on the baking sheets, then transfer to rack to cool completely.

ALL PHOTOS BY MAYA VISNYEI

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GREAT GIFT

Coconut Snowballs

These little gems — with a hint of lemon — scream wintry treat.

Makes 2 dozen

INGREDIENTS

- 2 1/2 cups flour
- 3/4 cups sugar
- 1/4 tsp salt
- 1 cup unsalted butter, softened
- 2 Tbsp cream cheese, softened
- 2 tsp vanilla
- 4 or 5 Tbsp lemon juice
- 1 Tbsp cream cheese, softened
- 1 1/2 cup confectioner's sugar
- 1 1/2 cup sweetened shredded coconut

DIRECTIONS

1. Preheat the oven to 375 F.

2. Mix together flour, sugar, salt together in a bowl. With an electric mixer add softened butter about 1/4 cup at a time until it combines with the dry ingredients. You'll have a pebbly mixture.

Add 2 Tbsp of softened cream cheese and vanilla. You'll need to use your hands to bring the mixture together into a dough. Knead for a minute or two.

3. Line two cookie sheets with parchment.

4. Use a tablespoon to scoop the dough, roll it in your hands to make balls. Place on the lined sheets at least an inch apart. Bake for 12 to 15 minutes, until lightly browned. Take them out and allow them to cool completely on a rack.

5. While they cool, mix 3 Tbsp of lemon juice with 1 Tbsp of cream cheese. Slowly add 1 1/2 cups of confectioner's sugar until you have a thick icing. Now add as much lemon juice as you need to thin it out to a glaze.

6. On a plate, spread your coconut in a layer. Swirl each cookie in the glaze (let excess drip off) then press it in coconut to cover. Allow to set.

CERI MARSH AND LAURA KEOGH

EASY TO BAKE

Spiced Christmas Trees with Lemon Icing

Like your nostalgic favourite the gingerbread man, these spiced cookies look and taste every bit as festive.

Makes about 12

INGREDIENTS

- 2 1/2 cups spelt flour, plus more for rolling
- 1 tsp baking soda
- 1 tsp ground ginger
- 1 tsp cinnamon
- 1/4 tsp cloves
- 1 tsp coarse salt
- 1 cup (2 sticks) unsalted butter, room temperature
- 3/4 cup granulated sugar
- 1 large egg
- 1/4 cup unsulfured molasses

For Icing:
- 2 tsp fresh lemon juice
- 1 1/3 cups confectioners' sugar

DIRECTIONS

STORAGE TIP
The best part about these recipes is they freeze well. Store them in an airtight container for up to four weeks.

1. Preheat oven to 350 F.

2. In a medium bowl, whisk the flour, baking soda, ginger, cinnamon, cloves and salt. In a separate bowl, cream together the butter and sugar with a hand mixer until creamy.

3. Beat the egg and then add. Mix until combined. Add molasses until combined.

4. With the mixer on low, gradually add your flour, blend until combined. Remove the dough from the bowl and then wrap it in plastic wrap and place in the refrigerator to firm, at least an hour and up to three days.

5. On a lightly-floured surface, roll out dough to 1/4 inch thick. With a sharp knife, cut dough into 2-inch wide triangles.

6. Place the triangles on a cookie sheet lined with parchment paper 1-inch apart from each other.

Bake until cookies are firm and lightly browned on edges, 10 to 12 minutes.

CERI MARSH AND LAURA KEOGH

CLASSIC CHOICE

Heavenly Chocolate Peanut Butter Balls

A sprinkle of sea salt makes the classic flavours of chocolate and peanut butter feel all grown up.

Makes 25 to 30 balls

INGREDIENTS

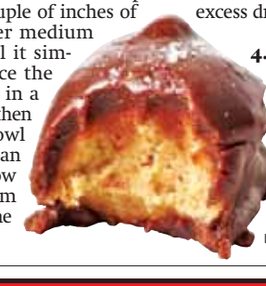
- 1/2 cup creamy natural peanut butter
- 3 Tbsp butter, softened
- 1 cup confectioner's sugar
- 8 oz chocolate, chopped (or chocolate chips)

DIRECTIONS

1. In a bowl, mix peanut butter, sugar and butter together until they form a dough. Scoop it and form a ball, cover in plastic wrap and place in the fridge for at least 15 minutes.

2. Using your hands, pinch off a small bit of dough and roll into 1-inch balls. If the dough gets too sticky as you're working just pop it back in the fridge for a few minutes. Place the balls on a parchment lined baking sheet. Place the baking sheet in the freezer for at least half an hour to chill. You want them cold and firm.

3. Place a small sauce pan with a couple of inches of water over medium heat until it simmers. Place the chocolate in a bowl and then set the bowl over the pan (don't allow the bottom to touch the water).



Once chocolate is melted remove from heat. Using a toothpick, pick up each ball, swirl it around in the chocolate; let excess drip off.

4. Place the dipped ball onto parchment lined baking sheet. Sprinkle with a pinch of sea salt before chocolate hardens. Refrigerate until you serve.

CERI MARSH AND LAURA KEOGH

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Mull these light options

THE HOLIDAYS

Tips to cut the calories in these festive drinks

Theresa Albert
For Metro Canada

All year long you know to avoid drinking your calories. Then December hits and you are tempted. But you don't have to blow the month by the mouthful, save your calories for the food with these holiday beverage hacks.

Egg Nog

Averages about 225 calories per cup (without the rum!). Don't be tempted by the "low fat" versions, what they lack in fat, they make up in sugar. Instead, mix 50/50 with skim milk and add extra nutmeg.

Mulled wine

What could possibly be wrong with wine and spices? Most recipes also add in sugar by the gravy boat load, that's what. At about 250 calories per glass, some versions literally double the load of a harmless glass of wine. Make your own version with orange peels, star anise and cinnamon sticks. There is no sugar needed to make this cozy beverage in a slow cooker that will simmer all day and make your home smell like holiday without the scented candles. Or stick with your usual glass or two of plain red wine.

Pumpkin Latte

Tim Hortons pumpkin latte serves up a delicious 260 calories for a medium cup. For that, you can enjoy a straight up latte made with frothy skim milk and no sugar and an entire caramel dip yeast donut. That's right, the donut itself is 190 calories that you can actually eat.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food

Cut the sugar out of mulled wine and opt for a version with just orange peels, star anise and cinnamon sticks. ISTOCK

LIQUID ASSETS

Cold nights call for warm drinks

Peter Rockwell
For Metro Canada

While you can release your inner mixologist by Googling mulled wine for the instructions on how to make your vino glow, there are plenty of pre-mixed versions of winter-oriented drinks available that only require you to know how to press the start button on your microwave.

Jack Daniel's Winter Jack ($19.39–$23.98) takes its inspiration from an original family recipe of JD, apples, cloves and cinnamon poured during the holidays by the famous Tennessee whiskey makers.

With a 15 per cent alcohol level, its whiskey flavour is subtle to say the least, allowing the spices to shine after being very lightly heated. Red hot in a completely different sense is Crown Royal's Northern Harvest Rye ($30.60-$34.99). Recently awarded World Whisky of the Year by Whisky Bible author Jim Murray, the super smooth Manitoba-made spirit, produced using an unheard of 90 per cent rye, is a must try for anyone who appreciates a good dram.

Prices reflect the range across the country. Some products may not be available in all provinces.

POP-UP SHOP HEIST

Gwyneth Paltrow's GOOP shop robbed

Authorities are searching for three men who robbed Gwyneth Paltrow's Goop pop-up shop in New York City of more than $173,000 worth of jewelry and watches. It happened Saturday afternoon. Police say one of the suspects used some kind of object to open a cabinet containing the merchandise while the employees were distracted.

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The dish that adds some spice to life

THE CHILI COOKBOOK

Book traces 500 years of history, from Aztecs to Texas cowboys

Chili purists, steel yourselves. Or as author Robb Walsh suggests, at least suspend disbelief and let your taste buds be the judge while taking a colourful romp through chili history — and some creative adaptations of the ancient dish.

The Chili Cookbook has every version you can think of, and explores its evolution from Mexico to the American southwest and how it has influenced mealtime around the globe.

The Chili Cookbook ($24.99) is a 190-page hardcover that traces 500 years of chili, from the first Aztec stew to the tastes of modern Texas cowboys.

There are 60 recipes for chili disciples of all kinds — with or without beans, with or without meat, using venison and lobster, and merged with cuisines of countries like Hungary, Greece and Pakistan. There are recipes from American roadside diners and even the White House.

Walsh also includes a primer on the varieties of dried and fresh chili peppers, and a ranking of commercial chili powders, which often substitute other spices for pure ground chilies.

Or there's a recipe to make your own.

Texan Robb Walsh is a longtime food writer who co-owns El Real Tex-Mex Café in Houston. On his journey into chili pepper culture, he says he discovered heart-stopping recipes in the most unlikely places.

Recipes we are dying to make include: Lobster chili; White chicken poblano chili; Huevos rancheros "Christmas"; Lentil, sweet potato and ancho chili; Frito pie.

TORSTAR NEWS SERVICE

Use premium cocoa in this Cocoa Bird Chili recipe from The Chili Cookbook. CONTRIBUTED

RECIPE: COCOA BIRD CHILI

This recipe is adapted from The Chili Cookbook.

- 1-1/2 Tbsp (23 mL) canola or vegetable oil
- 2 medium yellow onions, chopped
- 2 cloves garlic, chopped finely
- 1-1/2 tsp (7 mL) dried oregano leaves
- 1-1/2 tsp (7 mL) ground cumin
- 1 lb. (450 g) ground chicken
- 1 lb. (450 g) ground turkey
- ¼ cup (60 mL) chili powder
- 2 bay leaves
- 1 Tbsp (15 mL) unsweetened cocoa powder
- 1 tsp (5 mL) kosher salt
- 28 oz. (796 mL) can whole tomatoes with juice, chopped coarsely
- 3 cups (710 mL) chicken stock
- 8 oz. (250 mL) can tomato sauce or 1 cup (250 mL) canned crushed tomatoes plus 2 Tbsp (30 mL) tomato paste
- 19 oz. (540 mL) can white kidney beans, drained, rinsed
- 19 oz. (540 mL) can red kidney beans, drained and rinsed

Garnish:

- Sour cream
- Chopped red onion
- Chopped fresh cilantro

In large saucepan, heat oil over medium heat. Add onions and sauté until tender, about 10 minutes. Add garlic, oregano and cumin.

Increase heat to medium high. Add ground turkey and chicken, breaking up with back of spoon. Stir until cooked through. Add chili powder, bay leaves, cocoa powder and salt. Add tomatoes with juice, stock and tomato sauce (or crushed tomatoes with tomato paste). Bring to boil. Reduce and simmer, uncovered, for 45 minutes, stirring occasionally. Add white and red beans and simmer until flavours blend, about 10 minutes. Discard bay leaves. To serve, ladle chili into bowls, add a dollop of sour cream and sprinkle with red onion and cilantro. **Serves 8.**

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CONTROVERSY

Adele accused of copying 1985 tune

A song off Adele's new album 25 is causing a stir in Turkey, where fans have accused the British songstress of copying a song by a popular Kurdish artist.

People have taken to social media to debate whether Adele's Million Years Ago closely resembles Ahmet Kaya's 1985 song, Acilara Tutunmak.

Adele's song, one Twitter user wrote, "is identical" to Kaya's well-known ballad. "Please credit him!" Some even went as far as calling Adele a thief. A prominent Kurdish artist from Malatya, Turkey, Kaya died in exile in Paris in 2000 at age 43.

Kaya's wife, Gülten Kaya, told Turkish daily Posta that she did not believe Adele deliberately stole the song. "However, if she consciously did it, then it would be theft," she said, according to Hurriyet Daily News.

Naim Dilmener, a Turkish musicologist, said he thinks the songs only resemble each other "a little bit." He said he didn't believe Adele copied Kaya's version.

The feelings behind both songs "maybe are the same," Dilmener said, but "that's all."

Adele's publicist did not immediately return request for comment. TORSTAR NEWS SERVICE

Fans of Kurdish artist Ahmet Kaya say Adele's Million Years Ago sounds a lot like his song Acilara Tutunmak. GETTY IMAGES

JOHANNA SCHNELLER WHAT I'M WATCHING

Girlfriends' Guide is feminist stealth genius

GIRLFRIENDS' GUIDE TO DIVORCE, S1, E3 (SLICE SHOMI)

Lyla (Janeane Garofalo), one of three attractive, acerbic friends who are navigating life in their 40s in Los Angeles after divorce, has been called into her son's teacher's office because she sent her nanny to cover Story Time.

"It sends a message to children that they're not your priority," the teacher guilt-mongers. Lyla, a high-powered attorney, lets her have it.

"By all means, I apologize. I apologize for having a job. But here's the thing: I don't work, my kids don't go to school. So if you want to tell me tuition is free, I'll be here for Story Time, and Arbor Day, and every other bullshit holiday that costs me a fortune. But if you're not going to tell me it's free, I gotta work. Because I'm a working mother. Don't call me in here again."

She stalks out. Once she's through the door, though, her face crumbles, just for a second. She's right, but she feels like dirt anyway.

Girlfriends' Guide to Divorce tackles motherhood, marriage, loneliness and inequity. HANDOUT

This show is stealth genius. It lures you in with furiously-paced patter about ex-husbands and breast implants, and then socks it to you with home truths about motherhood, marriage, loneliness, inequity. At its best, Sex and the City pointed out what single women in their 30s had to deal with in the world's most success-oriented town.

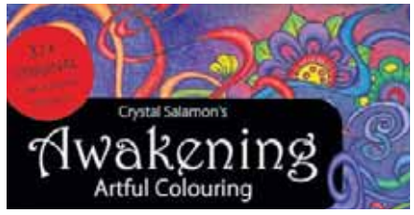
Girlfriends' Guide takes that one decade further — it zooms in on the ironies and indignities inflicted on bright, vital 40-somethings in the capital of youth obsession. It's the most feminist show on TV.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

METRO ADULT COLOURING CONTEST

COLOUR YOUR CALGARY

It's time to sharpen your pencil crayons, Calgary. Each week until the end of the year, Metro Calgary, and partners Nikon and the Camera Store, give you a chance to win two seats to the Dec. 31 game between the Flames and Kings. This week's contest closes Monday, Dec.14 at noon. ILLUSTRATION COURTESY CRYSTAL SALAMON/FOR METRO



THE ARTIST

Crystal Salamon

Crystal Salamon is a wildly creative Turner Valley artist and instructor, extreme sport enthusiast, mother of two busy boys and a passionate advocate for colouring's ability to inspire creativity.

Awaken your creative spirit and inner child with 37-plus hand-drawn designs in Crystal's book, Awakening: Artful Colouring. Purchase at crystalsalamon.com and at select Calgary and area stores, including Mona Lisa Artists' Materials, Yogadotcalm, Swinton's Art Supplies, Heritage Park and Bluerock Gallery. Join her on Facebook.

THE RULES

First Name: _____
Last Name: _____
Phone Number: _____
Email: _____

No purchase necessary. Contest open to Alberta residents 18 years of age or older. Odds of winning depend on the number of eligible entries and calibre of entries received. Coloured entries to be dropped off in-person during business hours: The Camera Store (802 11th Ave. S.W.) or Metro Calgary (110, 3030 3rd Ave N.E.). Winners will be drawn weekly from Oct. 19 to Dec. 21, and one (1) grand prize will be awarded on Dec. 22.

Approx. retail value of the grand prize is $400. Full contest closes Dec. 20, 2015, at 11:59 p.m.

For complete contest rules, visit clubmetro.com/Calgary.

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metro DRIVE

Your essential daily news

Triple-threat Ioniq: Hyundai's first all-electric model also available as hybrid and plug-in hybrid

Forester stands out in a crowd

THE CHECKLIST | 2016 SUBARU FORESTER

THE BASICS

Type. Four-door, five-passenger compact SUV
Engine (hp/torque). 2.5-litre horizontal four-cylinder (170/174); 2.0-litre turbocharged horizontal four-cylinder (250/258)
Transmissions. Six-speed manual or continuously variable (CVT)
Price. $25,995 (base), $29,995 (as tested), plus destination

COOL FEATURES

- EyeSight camera-based safety technologies
- Steering-responsive fog lights
- Hill descent control
- Panoramic sunroof
- Power-operated liftgate
- Windshield wiper de-icer
- Auto-dimming mirrors

JIL MCINTOSH/FOR METRO

POINTS

- Subaru's "symmetrical" all-wheel drive doesn't refer to the power split, but to the position of its engine, transmission, and driveline components.
- The Forester can be ordered as PZEV, for Partial Zero Emissions Vehicle, which uses a specific catalytic converter, air intake and fuel injectors; it was designed to meet California's air standards.
- Turbo models add unique front-end styling but are optioned the same as comparable non-turbo trim lines.

MARKET POSITION

Subaru made its mark by offering all-wheel drive in all of its vehicles (except for the recently-added BRZ sports car), which made it popular for drivers facing Canadian winters, along with using only horizontally-opposed engines.

THE COMPETITION

Ford Escape AWD
Base price: $27,199

Toyota RAV4 AWD
Base price: $27,255

Honda CR-V AWD
Base price: $28,550

REVIEW

No need to go all the way with power with this compact SUV

Jil McIntosh
For Metro Canada

Extra power is good for bragging rights, but it isn't always necessary to opt for it just because it's there. That was evident when I drove the two engine choices in Subaru's Forester. While the base engine doesn't sound as impressive on paper as its stronger sibling, it should be enough for many drivers and for a lot less cash.

The entry-level powerplant is a 2.5-litre four-cylinder that makes 170 horsepower. Moving up to the turbocharged 2.0-litre gives you 250 horses, but it's an extra $2,200 to do so. Test-drive them both before you make up your mind solely on the power numbers.

My 2.5i, as it's called, was equipped with a six-speed manual transmission. It keeps the price down, but that's about all; the shifter feels mushy and there's no driving excitement in it. You're best to go for the automatic continuously-variable transmission (CVT). All-wheel drive is standard on all models.

The shifter aside, the Forester has always been one of my favourite vehicles. It's nicely sized and well-balanced, and the steering is light but responsive. It's roomy and comfortable, and the back seats fold flat for extra storage space. The cabin design is handsome and the controls are large and easy to use, save for a few touchscreen icons that can be tough to accurately tap when you're moving.

My 2.5i was in Touring trim, which gave me a 6.2-inch touchscreen stereo, while my turbocharged tester in top-line Limited trim included a 7-inch infotainment system with navigation that, new for 2016, includes map updating. Higher trim lines can also be optioned with EyeSight, which uses a windshield-mounted camera for such features as lane departure warning and collision mitigation.

> **While the base engine doesn't sound as impressive on paper as its stronger sibling, it should be enough for many drivers.**

This smaller SUV/crossover segment is a crowded one, but the Forester holds its own. It's priced about the middle of the pack, and since all-wheel drive is an option on some of its competitors, be sure you're comparing prices accordingly. I think its nimble feel and good road manners set it apart from many of the rest, even if you don't feel a need to go all the way with the power.

TECHNOLOGY

Ford testing semi-autonomous systems to help drivers in a jam

Ford wants to take the stress out of every element of the daily commute, from coping with stop-start rush-hour traffic to quickly and safely manoeuvring into a parking space at journey's end.

"For many drivers, experiencing heavy traffic on the way to work can leave them stressed and angry, even before the work day begins," said Reid Steiger, technical expert for automated driving at Ford of Europe.

Ford's potential solution, Traffic Jam Assist, is currently in the testing stage and works by combining a number of already developed individual active driver aids — adaptive cruise control and lane keeping

"Traffic Jam Assist helps the driver maintain the distance to the vehicle ahead and helps to keep the vehicle centred in the lane. The system aims to reduce driver stress in dense traffic," explains Steiger.

When activated via the push of a button, in a traffic jam situation, the car's radar and cameras monitor lane markings and how far away the car is from the vehicle in front. It can then take over, moving forward when space opens and slowing to a halt again in time with the traffic. The driver can take over at any time and the system monitors steering wheel interaction to make sure the driver is still alert and ready to step in if needed.

The second system being put through its paces is called Remote Park Assist, which enables the driver to park the car, via a key fob command, remotely. Standing outside the vehicle in a parking lot or underground garage, the car will be able to manoeuvre itself into a perpendicular space without any assistance. AFP

ELSEWHERE

Ford is by no means the only carmaker working on these types of systems. The latest **BMW 7 Series** will park itself remotely with the push of a keyfob button. Likewise, **the Volvo XC90** semi-autonomously drove the mayor of L.A. through rush-hour traffic on his way to the Connected Car Expo just four weeks ago.

Ford's Remote Park Assist lets you park your car by remote control. FORD MOTOR COMPANY

Today's coffee, tomorrow's bus fuel

TEXT AND IMAGES BY WHEELBASE MEDIA

BIODIESEL

London to be bean-powered?

British coffee purveyor Bio-bean wants to do more than provide customers with their morning jolt. It wants to use leftover coffee beans to heat homes and power buses in London. Bio-bean wants the city's caffeine dispensaries to contribute used coffee grinds to process them into pellets that can be used to heat buildings, reports Gizmag. Because coffee waste is about 20 per cent oil, it can also be processed into ethanol or biodiesel for use in cars and buses equipped to burn such fuels. The goal is to make enough pellets to heat upward of 15,000 homes, and eventually be used to help power the city transport system, which uses buses that run on biodiesel.

RIGHT FIT
Large vehicles that stop and go are excellent candidates for electrification. They're large enough to carry the batteries and they don't add pollution to already-congested urban areas.

SINGLE CHARGE

Electric transit bus cracks 400-km range

An electric transit bus that can serve any typical transit route in the United States has been developed by Proterra of Greenville, S.C. The company says its Catalyst XR model achieved 410 kilometres on a single charge circulating a test track at 50 km/h, giving it the best efficiency rating ever for a 12-metre bus, almost 160 kilometres more than China's BYD electric bus. The bus tested was fitted with a new generation of storage technology developed by Proterra and comprised eight battery packs. The body is aerodynamically designed and made from lightweight carbon fibre and other advanced composite materials. Proterra says its 10-pack XR configuration could exceed 500 kilometres on a single charge.

THE GREEN ANGLE
Metro's weekly picks for the latest in environmental news

IMPROVED

Go further with Zero's electric motorcycles

Electric motorcycles have made large advances in a short time, and they continue to get ever better. California-based Zero Motorcycles' 2016 range of virtually silent two-wheelers grows to five distinct rides from three, ranging from street and dual-sport models to an off-road dirt bike. Zero is offering up an all-new motor and increased battery efficiency for longer range and higher capacities across the board, reports Gizmag. Riding the outgoing models hard for a day could cause them to overheat, tripping a thermal management mode that cuts power back to save the engine and battery from thermal damage. The new motor promises to provide full performance for longer, without overheating.

CALIFORNIA

Hydrogen stations making inroads, slowly

Having been chosen by Honda, Hyundai and Toyota as their launching pad for hydrogen fuel-cell cars in North America, California is responding with a growing number of hydrogen filling stations either already built, under construction or going through the permitting or regulatory approval process. But to date, notes Green Car Reports, only two of the about 50 stations underway meet the California Fuel Cell Partnership's definition of "full retail," being equipped to dispense hydrogen, accept all forms of payment as used at a typical gas station, and have no access restrictions. A further handful of stations previously built for demonstration purposes, research and pilot programs are operating but not selling to the general public.

FUEL-CELL SEDAN

Mirai demand vastly exceeds supply in U.S.
Early demand for the Toyota Mirai hydrogen fuel-cell sedan outstripped the car's first-year United States allotment by nearly two to one.

Toyota plans to sell 1,000 hand-built Mirais in the United States per year to the end of 2017; but by early October, 1,900 California customers had applied for the 2016-model-year cars.

Available only in California initially, the virtually hand-built car sells for $57,500 US. Toyota expects nine out of 10 customers to lease their Mirai for $499 per month with $3,469 down.

Applicants must submit their requests to a dedicated Mirai order website and be interviewed for suitability, based largely on proximity to the limited number of hydrogen fuelling stations that currently exist in California.

COURTESY HYUNDAI

What owners like

Tucson's "just-right" sizing, cargo accommodations, driving feel and storage space throughout the cabin are highly rated. Overall value, a comfortable ride, safety features and fuel mileage are also commonly praised by owners.

What owners dislike

Some owners wish for seat fabric that's less easily stained. Many owners report satisfaction with fuel economy, but a healthy cluster of owners also complain that they're unable to achieve the factory-claimed fuel efficiency figures.

The verdict

Tucson was loved for value and an all-around pleasant and flexible driving experience, though a list of owner-reported issues illustrates the importance of a pre-purchase inspection at a Hyundai dealer before your purchase. Commonly reported issues should be easy for a technician to detect and repair.

Tucson rides tall in flexibility and value

USED VEHICLE

Be sure to check suspension and transmission of 2010-15 models

Launched for model year 2010, the second-generation Hyundai Tucson competed primarily with the Equinox, CR-V, RAV4, Patriot and other compact crossover SUV models. All units offered seating for five, a decent cargo area, and a tall and commanding driving position.

Feature content included standard electronic stability control, Bluetooth, a navigation system, backup camera, heated seats and more. Note that model-year 2014 saw an update across the Tucson range, adding fuel-saving technology under the hood, and more feature content. Updated looks and a re-tuned suspension helped round out the updates.

Look for four-cylinder power on all used models, with output as high as 180 horsepower. Six-speed transmissions in automatic or manual were available, as was all-wheel drive, which comes only with the automatic transmission.

The test drive

Test-drive the used Tucson with an ear for rattles, clunks, tapping sounds or popping noises from the rear end, especially in cold weather. Unwelcome sounds like these could be the result of a suspension bushing that's worn, and allowing metal components to contact one another. Other unwelcome noises have been reported as a precursor to an under-warranty replacement of some suspension components, like the shock absorbers or shock mounts. If any unwelcome noises are detected on your test drive be sure to have them investigated by a mechanic.

Next, check the shift lever, multiple times, as you change from Park to Drive to Reverse and the like. Any issue shifting smoothly between positions, or unwelcome hesitation or clunking during shifts, may require attention to the shifter linkage, in the form of lubrication, adjustment or replacement. While shifting gear positions frequently, ensure your Tucson candidate's backup camera (if equipped) works as expected, several times. Some owners have reported issues with non-functionality.

Note that some owners have reported issues with the Tucson's automatic transmission, relating to hard shifting, failure to respond with a downshift, or random clunking from beneath the vehicle during shifts. Though somewhat inconclusive, these issues may be software- and sensor-related in nature, possibly caused by a bad vehicle speed sensor, or a bad temperature sensor within the transmission. Some owners have had success with having new software installed to the transmission control computer, or having that computer reset.

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Shelby and 50th Anniversary), Transit Connect, F-150 Super Cab XL (except in Quebec, where F-150 SuperCab XL receives 0% APR purchase financing up to 36 months) and 2016: Escape, F-250 Gas Engine models for up to 72 months, or 2015: Focus (excluding BEV) and 2016: Fusion models for up to 84 months to qualified retail customers, on approved credit (OAC) from Ford Credit Canada Limited. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 48/ 60/ 72/ 84 months, monthly payment is $520.84/ $416.67/ $347.22/ $297.62, cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment on purchase financing offers may be required based on approved credit from Ford Credit Canada Limited. **Until January 4, 2016, receive $500/$750/ $1,000/ $1,500/ $2,000/ $2,500/ $2,750/ $3,500/ $3,750/ $4,250/ $4,500/ $4,750/ $6,000/ $10,000/ $11,500 in "Year-End Clearout Cash" (Delivery Allowances) with the purchase or lease of a new 2016: Explorer/2015 and 2016: Focus, C-MAX; 2016: Fiesta, Fusion/ 2015: Edge, Flex; 2016: Edge, Expedition/ 2015: Transit Connect; 2016: E-Series Cutaway, Transit, F-250 Gas Engine, F-350 to F-450 (excluding Chassis Cabs) Gas Engine/2015: Taurus (excluding SE); 2016: Transit Connect, F-350 to F-550 Chassis Cabs/ 2015: E-Series Cutaway, Transit/ 2015: F-150 Regular Cab (excluding XL 4x2) 5.0L; 2016: F-150 Regular Cab (excluding XL 4x2)/ 2016: F-250 Diesel Engine, F-350 to F-450 (excluding Chassis Cabs) Diesel Engine/ 2015: F-150 SuperCrew 4x4; 2016: F-150 SuperCab and SuperCrew / 2015: Fiesta, Fusion, Explorer, Escape/ 2015: F-350 to F-550 Chassis Cabs / 2015: F-150 SuperCab/ 2015: Expedition / 2015: F-250 Gas Engine, F-350 to F-450 (excluding Chassis Cabs) Gas Engine/ 2015: F-250 Diesel Engine, F-350 to F-450 (excluding Chassis Cabs) Diesel Engine – all stripped chassis, F-150 Raptor, Medium Truck, Mustang Shelby and 50th Anniversary excluded. Delivery allowances are not combinable with any fleet consumer incentives. ^Until January 4, 2016, lease a new 2016: Fusion for up to 36 months, or a 2016: Escape for up to 48 months, and get 0% APR lease financing on approved credit (OAC) from Ford Credit Canada Limited. Not all buyers will qualify for the lowest APR payment. Lease a model with a value of $30,000 at 0% APR for up to 36/48 months with an optional buyout of $13,200/ $10,800 and $0 down or equivalent trade in, monthly payment is $466.67/ $400.00, total lease obligation is $16,800.12/$19,200.00, interest cost of leasing is $0 or 0%APR. Additional payments required for PPSA (RDPRM for Quebec), registration, security deposit, NSF fees (where applicable), excess wear and tear, and late fees. Some conditions and mileage restrictions apply. 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Applicable taxes calculated before CAD$1,000 offer is deducted. ®: Registered trademark of Price Costco International, Inc. used under license. † Remember that even advanced technology cannot overcome the laws of physics. It's always possible to lose control of a vehicle due to inappropriate driver input for the conditions. ‡F-Series is the best-selling pickup truck in Canada for 49 years in a row based on Canadian Vehicle Manufacturers' Association statistical sales report up to 2014 year end. ©2015 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2015 Ford Motor Company of Canada, Limited. All rights reserved.

4 CARS GETTING THE MOVIE TREATMENT

Last month's Los Angeles Auto Show brought with it a share of creative car makeovers as vehicle manufacturers partnered with movie studios for a series of eye-catching tie-ins. We look at four recent homages from the show itself and abroad. **AFP**

FIAT

A 'Trooper

Fiat Automobiles has snagged the Star Wars look that turns its 2008 European Car of the Year into a piece of sci-fi headwear on wheels. The Fiat 500e Stormtrooper has a custom colour scheme plus a windshield and side windows wrap that gives it the look of a First Order Stormtrooper's protective helmet. The black and white theme continues with the supermini's interior that envelops leather- and Alcantara-upholstered front and rear seats, with a "Star Wars" logo placed on the dash and a First Order insignia placed on the leather-wrapped steering wheel. And if the 500e Stormtrooper wouldn't look out of place next to a Karl Lagerfeld capsule collection, Fiat has an official fashion brand link-up in the form of the custom-wrapped DVF Fiat 500X, named after fashion designer Diane von Furstenberg.

MERCEDES-BENZ

One for the whole gang

Big enough for Charlie and all his pals: The Peanuts Movie has got a helping hand from Mercedes-Benz in the form of the V-Class van. If we all thought Snoopy flies a Sopwith Camel, it turns out that he drives a Mercedes-Benz van, at least for now, as the Peanuts gang are going on a promotional tour of Germany. That's ahead of The Peanuts Movie getting its domestic German-language premiere on Dec. 23, while a 30-second computer-animated commercial, "Snoopy's Biggest Ride," does the job on TV.

MISSION E

Porsche greenlights its first green supercar

The Mission E, the 100 per cent electric concept car that sent a buzz through crowds at September's Frankfurt motor show, is going into production.

Turning the showcar into a production model is going to require €1 billion ($1.48 billion CDN) in investment, and the hiring of 1,000 new employees. Porsche for now is simply saying "the vehicle is to be launched at the end of the decade."

The Mission E is a four-door, four-seat sportscar that, like other cars in its existing range, can go from 0-100km/h incredibly quickly — under 3.5 seconds — and offers a lot — 660 — of horsepower.

But what makes it different from any other current model in the Porsche lineup is that all of this performance will come via lithium ion batteries, rather than a flat six-cylinder or V8 gasoline engine. If it really can deliver on the company's claims — a driving range of 500 km on a single battery charge and just 15 minutes of supercharging to get the battery back up to 80 per cent when flat — the Mission E will be mission accomplished.

AFP

FORD

The Minionwagon

Meanwhile, Ford's Transit Connect isn't so much miniwagon as it is Minionwagon after a crossover with Universal Pictures' Minions. The seven-passenger, folding-seat Minionwagon is in the midst of a U.S. tour, starting at the final NASCAR Sprint Cup race at the Homestead-Miami Speedway on Nov. 22 before heading to the Universal Orlando Resort, then Atlanta and Philadelphia, before arriving in New York City.

TOYOTA

Futuristic twist

Back at the L.A. Auto Show, Toyota brought its "Back to the Future" edition of the hydrogen-powered Mirai to the Convention Center floor. Shown off at the Las Vegas SEMA Show at the start of November and now in Los Angeles, the gullwinged custom number also sports several other modifications courtesy of Toyota partner MV Designz: a Mr. Fusion power supply, a Flux Capacitor, time machine display and mirrored wheels, in addition to the films' Outatime registration plate.

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ELECTRIC RACING SERIES

Formula E to go AI route with Roboraces

Driver Lucas di Grassi demonstrates a Formula E race car in 2014. JOE KLAMAR/AFP

Real-time computing algorithms will replace humans in an innovative series of driverless races to be staged alongside the regular Formula E season, promoters said last week.

The Formula E championship features 10 teams of two drivers on city-centre circuits. Brazilian Nelson Piquet Jr. won the inaugural 2014-15 world championship.

The fully electric racing series is seen as a cleaner and greener alternative to Formula One and the news of the Formula E initiative coincides with the Paris-hosted COP21 global climate talks.

Now Formula E and Kinetik, a technology company specializing in electric vehicles and trains, will also stage races between 10 teams of two driverless cars on the same circuits as a warm-up show to the main event.

This new championship called "Roborace" will start for the 2016-17 season. The artificial-intelligence-guided one-hour races will run over the full championship.

Kinetik founder Denis Sverdlov said he believed it represented the future of motor racing and the motor industry.

"In the future, all of the world's vehicles will be assisted by AI and powered by electricity, thus improving the environment and road safety," he said.

Cities on the 2015-16 circuit include Beijing, Paris, Berlin, London and Buenos Aires. AFP

Floor mats: A love story

Mike's floor mat team — summer and winter — is always there for him. MIKE GOETZ/FOR METRO

AUTOPILOT

It's a dirty job but they do it (though maybe avoid beige)

Mike Goetz
For Metro Canada

One of the most unheralded components of our vehicles is the floor mat. It's time to give it some love.

Not a huge amount. That would be crazy and weird.

But enough to acknowledge the tough work they do down there, by our feet. They literally get stepped on, multiple times every day. And sometimes we grind dirt deep into their fibres.

They are in the first line of fire in the war against interior dirt, and their lifespan can be short, certainly never as long as the vehicle itself. They are designed to take a hit, and when they have taken too many, they get replaced.

But during their short life span they give it their all. My summer mats are made of carpet and rubber, and when I use the high-pressure wash wand at my local do-it-yourself car wash emporium, to blast the dirt out of them at season's end, I always marvel at how much dirt they are able to suspend for their meagre size.

These carpet mats, which typically come standard on new vehicles, are there not only to keep things clean, but also to look inviting, and make the interior feel like your living room. If these floor mats are in a light shade, like beige or pale blue, to match the interior … well, there's no hope for them in the long run. They have an impossible job.

I once had a Porsche test vehicle with light beige cashmere floor mats. I turned them upside down for the whole week I had the car, lest I get a mark on them, and was never able to enjoy the esthetic beauty they were designed to deliver. I looked at their rubber backing all week and thought what an irresponsible and lavish way to design a floor mat.

When you come to think of it, floor mat design has not progressed much over the years, especially when you consider all the rampant technology that has reached other parts of the vehicle. By this time shouldn't we have some sort of automatic floor mat roll, which could roll a new section of floor mat into place as soon as one section got dirty? Or some kind of built-in wet-vac system that could automatically and quickly suck up snow, water, or spilled mocha latte?

I guess the latest advance would be the moulded hard plastic "trays" that are specially made for every individual model. Weathertech is the leading proponent of these products, and I recently got a set, which look very well engineered, and fit great. But they do make me feel like I need special help — like during a fancy restaurant dinner, I'm the one with a plastic tray on my lap, instead of the nice, linen napkin everybody else uses.

But that's a small price to pay for the great winter floor protection I'm looking forward to, from my hardworking, underappreciated floor mats.

HOLIDAY GIFT CARDS

Selecting the real heroes of the season

Once considered an unthoughtful gift, gift cards are now high in demand among Canadians, with 59 per cent hoping to find one under the tree Christmas morning, according to a recent survey by CardHub, a website that allows consumers to buy and sell gift cards.

Gift cards are now the most sought after present for the ninth straight holiday season according to the National Retail Federation. Gift givers are expected to spend an average of $173 on plastic, but, CardHub analyst Jill Gonzales warns, not all gift cards are created equal in the eyes of receivers.

The Season's Most Popular Cards

CardHub recently released its projections for the season's most popular gift cards. Among them are Visa, Amazon and American Express. The reason? People are looking for cards that allow them flexibility with their purchases, explains Gonzales.

"You can get so many things (with a Visa gift card) than say a Sephora gift card that's only for makeup or an Ikea gift card that's only for furniture," she says.

Other cards in the top 10 included Walmart, Starbucks and Google Play.

Online Tops the List

Cards for online retailers like Amazon, iTunes and eBay also topped the popularity chart, coming in second, fourth and ninth place respectfully.

Selling Unwanted Cards

But if you do get a gift card you don't want, CardHub allows you to turn around and sell it to someone who does want it. Some of the gift cards with the highest resale value include Shell, Walmart, and MasterCard with buybacks of 99, 96.5 and 95 per cent, respectfully.

— ALANA TRACHENKO

CONTRIBUTED

CONTRIBUTED

For the gamer on your list

Level Up has Christmas covered — with video games, consoles, accessories (wallets, backpacks) winter wear (scarves, onesies, superhero socks) and more (men/women/child T-shirts, hoodies, jackets, hats).

Looking for a "Bazinga" T-shirt from the Big Bang Theory? How about a Mario hat, or a Zelda wallet for the gamer on your Christmas list? The latest DVDs and Blu-ray movies, board games and more — Level Up has them all at its expanded 6,000 square-foot space at 3512 17th Ave. SE.

"Everything that's movie and game related — we've got it or can order it," says Level Up owner Shaheed Rana. "We're about levelling up, too, so we offer trades on games or consoles customers don't want for the latest and newest products. For example, people bring in an older XBOX360 with games to trade up for an XBOXone. The value of trade-in depends on demand, but people still want certain older products, like Nintendo 64."

A variety of merchandise, which Rana describes as the "perfect little stocking stuffers," is available at the Level Up online Amazon store, through a link at levelitup.ca .

In store through the holiday season, Level Up is offering 30 per cent off clothing, merchandise, PS3s and XBOX360s, when mentioning the ad seen in Metro. As well, buyers can mix and match DVDs, Blu-ray disks and games for a "buy 3, get one free" discount.

SPEND A LITTLE AND GET A LITTLE

SUNRIDGE MALL PATRONS CAN ENJOY GIVEAWAYS

CONTRIBUTED

Since most of us have to do some Christmas shopping anyway, it makes sense to do it at Sunridge Mall, a destination known for giving shoppers regular, year-round opportunities to win prizes with contests and promotions.

This Christmas season, the mall's 160 retailers (including Hudson's Bay, Shoppers Drug Mart, Sport Chek and more, covering all shopping categories) are hosting promotions through Christmas Eve — Dec. 24 — giving shoppers added chances to win prizes and gift cards for themselves while checking items off the Christmas list.

"Over the holiday season, shoppers can win big simply by being generous," said Mandy Douglas, marketing manager for Sunridge Mall. "Sunridge is the best place in Calgary to stretch your holiday spending, with retailers offering deals, sales and promotions—lots of opportunity for shoppers to find exactly what they are looking for at the best price."

Until Christmas, Sunridge Mall will give a free $5 gift card for every $75 spent on Sunridge Mall gift cards. And with the 12 Days of Christmas promotion, followers of the Sunridge Mall Facebook page will have a chance to win a daily prize (offered from mall retailers) simply by sharing the mall's Facebook posts.

While the Facebook site is a great spot for followers to see alerts on retailer promotions, sunridgemall.com also features a list of individual retail specials, including buy one get one offers, half off specials and more. See the website for details.

And once you're loaded down with Christmas bags and gift parcels, you won't have to go far to set things down. Some 4,000 car stalls make parking at Sunridge Mall (36 St. NE) comfortable and convenient, even in the busy holiday season. Several transit routes also access the mall — the largest of its kind in NE Calgary.

A LITTLE SOMETHING FOR ALL SHOPPERS

Sunridge Mall is NE Calgary's largest shopping centre, conveniently located along the C-train line and boasting ample parking (over 4,000 stalls). Several bus routes also transport shoppers to and from the bustling mall.

Sunridge Mall's 160 retailers cover a wide range of products and services — something for shoppers of every age, taste and budget — including Designer Shoe Warehouse, Hudson's Bay, H&M, Sport Chek, Shoppers Drug Mart, Old Navy and more.

Shoppers are also offered year-round promotions and the chance for prizes and contests, making Sunridge Mall a destination of choice for Calgary shoppers.

CONTRIBUTED

Thousands expected to be raised for pair of Calgary charities

Sunridge Mall partners with two charities throughout the year, but the causes are especially important during the holidays — the season of giving.

Since 1986, The Children's Cottage Society has been dedicated to preventing harm and neglect to children, and building strong families through support services, respite programs and crisis nurseries. The Children's Cottage is a recognized leader in providing effective programs and services to help ensure safe children in healthy families.

At Christmas, Sunridge Mall donates 100 per cent of the proceeds from the mall Santa display to The Children's Cottage. Shoppers are encouraged to take their own photos as their children visit with Santa, in exchange for a donation to The Children's Cottage.

"Over the holidays in 2014, Sunridge Mall raised about $7,000 for The Children's Cottage," said Mandy Douglas, Sunridge Mall marketing manager.

For the Nurture Yourself program, the annual gift wrapping event, It's a Wrap, at Sunridge Mall helps raise money for vital programming. Until Dec. 24, Nurture Yourself offers gift wrapping to mall shoppers in exchange for a donation. The generosity of shoppers makes It's a Wrap the biggest fundraiser of the year for the cause. Sunridge Mall provides the space, wrapping supplies, decorations and marketing for the promotion, while wonderful volunteers from Nurture Yourself take on the busy job of gift wrapping.

Douglas said that throughout the 2014 holiday season, Sunridge Mall helped raise just over $5,000 for the Nurture Yourself program, and hopes are high that there will be an even bigger total this year.

In Calgary, Nurture Yourself provides workshops that teach valuable techniques in empowering individuals to further develop their self-esteem. The program is run by C.A.R.E Society, a not-for-profit community association dedicated to serving Calgary's diverse population with counseling, caregiving, and other innovative programming.

And what better time than at Christmas, to help inspire individuals to rediscover their skills and abilities, to build their own positive future? Shopping at Sunridge Mall during the season of giving not only meets your own gift-buying needs, but helps others at the same time.

SHOP
#mysunridge

Get *rewarded* for your generosity this season!

Until December 31, every $75 spent on Sunridge Gift Cards, earns you a free $5 Gift Card from Guest Services to spend on yourself.

@ sunridgemall

SUNRIDGE

Simple and seasonal hits the spot

HOLIDAY GATHERINGS

Go-to risotto great paired with salad

Jennifer Friesen

Before moving out on his own at 19 years old, Dan Clapson wasn't as skilled in the kitchen as he is today.

It was then that he discovered risotto, a saving grace for any young university student.

"I think when you're that young, you either learn how to cook and you're a pretty decent cook for the rest of your life," he said. "Or you never learn to cook and you eat crappy food for the rest of your life."

Now an accomplished food writer in Calgary, he still turns to risotto year-round. With its affordability and simplicity, the dish is a blank canvas for any occasion.

"Risotto is one of the best things to master in your house to use for dinner parties, because it's so versatile," he said.

"So for a small holiday gathering, adding winter squash and onion makes for a very thick, seasonal dish. With the oregano and squash you get that wintery, cosy sort of feel to it."

For holiday gatherings, there are always plenty of diets to cater to, and Clapson added that risotto makes for a great vegetarian option.

"I think vegetarians can be a little bit left out in a lot of parties, especially in the holiday season," he said. "(So) having something like this … is a great thing."

Dan Clapson, food writer, says risotto is a staple meal to master due to its versatility. JENNIFER FRIESEN

DAN'S TIPS FOR PERFECT RISOTTO

1. "A lot of people make the mistake of putting room-temperature broth into the risotto. It always has to be hot on the stove or it slows the cooking process down, which makes risotto gluey."
2. "Make sure to caramelize the onions for 10 to 12 minutes, because that will give you so much more flavour."
3. "In terms of vegetables, Calgary Co-op locations and the Calgary Farmer's Market do a great job of supporting local producers."

CREAMY RISOTTO WITH WINTER SQUASH & ONION SALAD

INGREDIENTS

Risotto
4 cups vegetable broth
2 cups half and half
1 Tbs canola oil
1 yellow onion
2 cloves garlic
1 Tbs butter
1 1/2 cups arborio rice
1 Tbs apple cider vinegar

Salad
1 acorn squash
1 red onion
2 Tbs canola oil
1/2 tsp salt
1/2 tsp ground black pepper

Chili Honey Vinaigrette
2 Tbs fresh oregano leaves
2 Tbs canola oil
1 Tbs honey
1 Tbs apple cider vinegar
1/2 tsp chili flakes
1/4 tsp ground cinnamon
1/4 tsp salt

DIRECTIONS

Risotto
1. Bring broth and cream to a simmer on medium-high heat. Reduce heat and keep on stove.
2. Heat oil in large pan on medium-high heat, add onion and garlic and cook until onions are golden.
3. Add butter. Once melted, add rice, stir, reduce heat and cook for one minute.
4. Ladle 1 cup of broth and cream mixture into pan and stir continuously, let cook until almost completely absorbed by rice. Repeat process until rice is thick, about 25 minutes.
5. Season with salt and pepper.
6. Preheat oven to 400 degrees. Place squash and onion on a baking tray, drizzle with oil, season with salt and pepper. Roast for 18 minutes.
7. Remove from oven. Chop vegetables into 1/2" chunks.
8. Place all vinaigrette ingredients in a bowl and whisk together. Toss vegetables in vinaigrette.
9. Portion risotto into small bowls and top with salad.

CO-OP
Best Fresh

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club metro

Green Bean Caesar Salad

500 mL french beans, trimmed of their ends
½ lemon, zested
¼ cup toasted almond slices
1 tbsp. chopped capers
1 tbsp. chopped dill
3 tbsp. CO-OP GOLD Caesar salad dressing

Bring a large pot of salted water to a rapid boil and fill a large bowl with ice water. Blanch the green beans in the boiling water for approximately a minute, or until just lightly cooked but still with a pleasant bite. Transfer the beans to the ice water to halt cooking. When the beans are chilled, remove from ice bath and drain thoroughly.
Transfer beans to a medium-sized salad bowl and combine with remaining ingredients. Toss together to distribute the dressing evenly. Enjoy!

Recipe Courtesy of Dale MacKay

Visit us at calgarycoop.com/cooking for more great recipes.

The Pittsburgh Penguins announced winger Pascal Dupuis has been forced to retire due to a medical condition related to blood clots

FLAMES SHARKS THREATEN WINNING RUN Flames goalie Karri Ramo makes a save in front of the Sharks' Logan Couture on Tuesday night at Scotiabank Saddledome. Calgary was seeking its third straight win. For the story, go to metronews.ca. JEFF MCINTOSH/THE CANADIAN PRESS

Cap projected to rise $3M

NHL

'Soft' numbers not carved in stone, Bettman warns board

While the Canadian dollar continues to struggle, NHL revenues are up enough that the salary cap could increase by as much as $3 million US for next season.

The Canadian dollar is currently worth 74 cents U.S., something that hurts the league when some of its most lucrative markets are Canadian. But commissioner Gary Bettman said speculation and commentary about the declining Canadian dollar is "a little off the mark" as business is still going well.

Board members said the early projection for the 2016-17 salary cap was about $74.5 million, up from $71.4 million. But that depends on several factors, including the Canadian dollar and the Players' Association using its five per cent escalator.

"When I give a number, they're all soft this time of year, so I don't want to pinpoint any number," Bettman said. "Don't take that to the bank yet because it's early. It's only December."

A year ago the board was given a rough projection of $73 million, but that was contingent on the Canadian dollar being worth 88 cents. It continued to fall.

"It's not set in stone or concrete so you have to tread carefully," New Jersey Devils general manager Ray Shero said. "It's good news for the league when it goes up, good news for the players."

It may not be good news for budget teams, but it'd be welcome for those who spend to the ceiling. Think about the Tampa Bay Lightning with captain Steven Stamkos still unsigned or the Los Angeles Kings, who are working to get a deal done with centre Anze Kopitar.

"The league has been pretty accurate in their estimation of the cap in the coming year," Lightning GM Steve Yzerman said.

"So it does help you plan a little bit and you have a better idea. From the manager's perspective, the cap going up gives you a little more flexibility to do what you need to do."

Kings president of business operations Luc Robitaille doesn't lose sleep over the cap.

"You just have to manage within the cap and figure it out," Robitaille said. "It gives an opportunity to everyone."

The Stanley Cup-champion Chicago Blackhawks could have used more room last summer when they traded Patrick Sharp, Brandon Saad and Johnny Oduya and let Brad Richards leave in free agency.

THE CANADIAN PRESS

$74.5M

The early projection for the salary cap, up from $71.4 million in 2015-16.

Salary cap requirements led the Blackhawks to trade Patrick Sharp, pictured, Brandon Saad and Johnny Oduya shortly after they won the Stanley Cup in 2015. JONATHAN DANIEL/GETTY IMAGES

CONCUSSIONS

Family of late player Montador suing NHL

The family of the late Steve Montador is suing the NHL over concussions and other brain injuries the defenceman suffered during his playing career.

The lawsuit, filed in U.S. federal court, alleges that the league collected data on concussions as far back as 1997 but failed to warn Montador about the dangers.

Montador died in February, and an autopsy showed the 35-year-old suffered from Chronic Traumatic Encephalopathy, a progressive degenerative disease that can be caused by repetitive brain trauma.

Steve Montador GETTY IMAGES

The family alleges that Montador suffered "thousands of sub-concussive brain traumas" along with multiple concussions.

The 34-page complaint states that the NHL "failed to keep (Montador) reasonably safe during his career and utterly failed to provide him with crucial medical information on the permanent ramifications of brain trauma."

Montador played 571 regular-season and 43 playoff games for six NHL teams.

The allegations against the league have not been proven in court. THE CANADIAN PRESS

IN BRIEF

Sparks leads Leafs past Devils in a shootout

Nazem Kadri scored the shootout winner and Garret Sparks made 25 saves as the Maple Leafs downed the New Jersey Devils 3-2 on Tuesday in Toronto.

P.A. Parenteau and James van Riemsdyk scored in regulation for the Maple Leafs (10-13-5).

Lee Stempniak and Kyle Palmieri supplied the goals for the Devils (14-10-4) as Corey Schneider stopped 36 shots for New Jersey.

THE CANADIAN PRESS

Manziel back in pocket

NFL

Controversial quarterback returns to starting lineup

Johnny Manziel's timeout has ended. He's starting for the Browns again.

The polarizing quarterback will play Sunday against the San Francisco 49ers, returning to the lineup after being benched two games by coach Mike Pettine for defiantly partying during the team's bye week.

Pettine is giving Manziel another chance after the second-year QB broke a promise that he wouldn't become a distraction when the team was off last month. Manziel had been named the starter for Cleveland's final six games on Nov. 17 only to throw away the opportunity with his escapades.

He was demoted to third string, but moved up one spot last week when Josh McCown sustained a season-ending collarbone break.

Pettine feels Johnny Football has paid his dues.

"He's been solid in the building over the last couple of weeks and we are hopeful he takes this opportunity to continue to build on the progress he's made on the field throughout the season," Pettine said. "The goal for every game is to go out and win, and Johnny needs to show that he can put us in position to do so during these last four weeks of the season."

Vincent Rey of the Cincinnati Bengals attempts to tackle Johnny Manziel of the Cleveland Browns on Nov. 5 in Cincinnati. ANDY LYONS/GETTY IMAGES

> **The goal for every game is to go out and win, and Johnny needs to show that he can put us in position to do so during these last four weeks of the season.**
> Coach Mike Pettine

Manziel will replace Austin Davis, who started Sunday's 37-3 embarrassing loss to Cincinnati. Davis, the 24th quarterback to start for the Browns since 1999, didn't do anything to lose his job, but not enough to hang on to it either. The Browns lost two wide receivers to injuries against the Bengals.

The Browns have changed starting quarterbacks six times this season — this is the third time Manziel has been given the job.

Manziel was investigated last month by the NFL following a domestic dispute involving his girlfriend. The league said it did not find any evidence that Manziel violated its personal conduct policy.

The 23-year-old is getting yet another fresh start.

It's up to Manziel to make the most of it.

THE ASSOCIATED PRESS

MLB

Chapman assault charges dropped

Police say there was "insufficient evidence" to charge Cincinnati Reds closer Aroldis Chapman in a domestic disturbance incident between the pitcher and his girlfriend at his South Florida home, and they've closed the investigation.

But the matter appears to have put on hold a proposed trade sending Chapman to the Los Angeles Dodgers. Joe Torre, MLB's chief baseball officer, said Tuesday that there is no timetable in making a decision on Chapman's status under the league's new domestic violence policy. He said the league first learned of the incident late Monday.

The Davie Police Department released its report on the Oct. 30 incident Tuesday. It cites conflicting stories and a lack of co-operating witnesses and says there were no physical injuries.

Police said Chapman refused to give a sworn statement or sign an affidavit of the complaint. He signed a consent order allowing officers to search his garage.

Aroldis Chapman GETTY IMAGES

Officers said Barnea collected her belongings and left the home.

Davie police spokesman Dale Engle said the investigation is closed "pending any new evidence."

THE ASSOCIATED PRESS

IN BRIEF

Zobrist, Cubs agree on deal

The Chicago Cubs and free-agent infielder Ben Zobrist have agreed to a four-year contract.

A person familiar with the negotiations says the contract is worth $56 million.

Zobrist, 34, was an important spark for the Kansas City Royals in their run to the World Series title.

Later Tuesday, the Cubs traded infielder Starlin Castro to the New York Yankees for right-hander Adam Warren and a player to be named. THE ASSOCIATED PRESS

Greinke's salary a home run

Zack Greinke and the Arizona Diamondbacks have finalized their $206.5 million, six-year contract, a deal with a $34.4 million average salary that is the highest in baseball history.

Greinke signed a $147 million, six-year deal with the Dodgers in December that included an opt-out clause. He will wind up earning $282.5 million over nine seasons.

Out of the playoffs since 2011, the Diamondbacks finished 79-83 last season.

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DAILY WARM UP
Calgary metro

NBA

Warriors maintain winning streak

Indiana Pacers guard George Hill tries to tie up Golden State Warriors guard Klay Thompson during the second half in Indianapolis, Tuesday. MICHAEL CONROY/THE ASSOCIATED PRESS

Klay Thompson and his teammates spent the first three quarters playing as flawlessly as their unbeaten record.

They spent the last 12 minutes Tuesday trying to protect their perfect quest.

On a night Thompson scored a season-high 39 points and reigning MVP Stephen Curry nearly had a triple-double, the Warriors improved to 23-0 by stopping Indiana's furious fourth-quarter comeback and holding on for a 131-123 victory.

"We've got to handle the end of the game better. We had a double-digit lead. You don't ever want to have to win the game twice or even three times," Curry said. "You want to make things as easy as possible when you have a night like we did for 36 minutes."

The defending NBA champions have made things look pretty easy in what has already been a milestone season.

TUESDAY in Indianapolis

WARRIORS	PACERS
131	123

They've won 27 straight dating to last spring, tying the 2012-13 Heat for the second-longest streak in NBA history. The 1971-72 Lakers hold the record with 33 wins in a row.

Golden State has also won 13 straight road games, breaking a tie with the 1969-70 Knicks for the league's best road start.

Curry, the league's leading scorer, finished with 29 points, 10 assists, seven rebounds and three three-pointers, tying Rashard Lewis's NBA record of 87 consecutive road games with at least one basket from beyond the arc. THE ASSOCIATED PRESS

RECIPE Turkey and Sweet Potato Skillet

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

The holidays are upon us but we can't survive on cookies alone. You're going to need the balance of some simple, healthy recipes. This one comes together in a snap.

Ready in
Prep time: 20 minutes
Serves 4

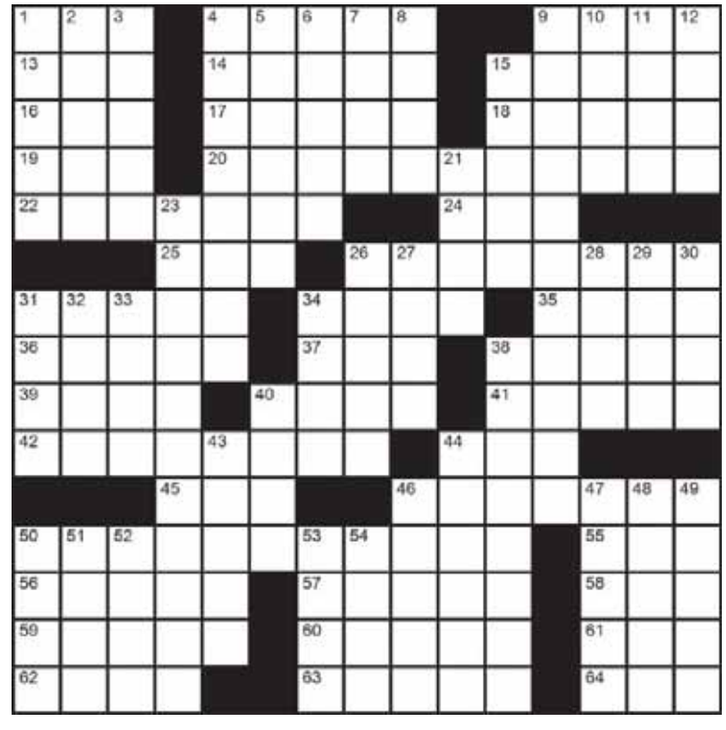
Ingredients
- 1 Tbsp olive oil
- 1 lb ground turkey
- 1 onion, diced
- 3 cloves of garlic, minced
- 1 1/2 Tsps chili powder
- 1 1/2 cups yellow pepper, diced
- 1 1/2 cups sweet potato, peeled and diced
- Salt and pepper
- 1/2 cup mozzarella, grated

Directions
1. In a large, oven-safe skillet, pour in oil, then brown your turkey over medium heat, breaking it up with the back of a spoon. Cook for about 5 minutes. Add the onions and garlic and cook for another 5 minutes until they are fragrant and begin to soften. Sprinkle the chili powder over top and stir.
2. Add the yellow pepper and allow it to soften for another 3 minutes or so. Stir in the sweet potatoes, cover and cook for about 10 minutes. Stir occasionally and add a bit of water if things dry out. Check to see that sweet potatoes are tender. Add salt and pepper to taste.
3. Sprinkle grated cheese.
4. Turn broiler on. Place the skillet under the heat for a minute or two until the cheese melts and just starts to brown. Remove carefully from the oven and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Enjoyed the bench
4. Window material
9. Pear part
13. French vineyard
14. Montreal-based jazz vocalist Ms. Lee
15. Take care of, as arrangements: 2 wds.
16. Comedian Mr. James
17. Separated
18. "_ _ done now!" (Finished ...finally!)
19. Saguenay sidekick
20. Commander of the Royal Canadian Navy, _-_ Mark A.G. Norman
22. Industrial Revolution creation
24. Standoff site in Quebec, 1990
25. "Growing Pains" Canadian star ...his initials-sharers
26. New Brunswick town on Chaleur Bay
31. UNESCO World Heritage Site in Jordan
34. Small horse
35. Sea lettuce
36. Winnebago owners, informally
37. Bonnet or derby
38. Stable tresses
39. Vintner's prefix
40. Salad or stirfry ingredient
41. Show anchored by Ben Mulroney
42. Internet Explorer, and others
44. Ms. MacGraw
45. "_-Devil" (1989)
46. Cloudiness
50. Late night host who does a Neil Young impression: 2 wds.
55. Me: French
56. Benefit
57. Prefix to 'graphy' (Fancy writing)
58. Men's deodorant brand
59. Immense-ish
60. Functional
61. Mr. Bellows
62. Looped cross
63. Mischa Barton series: wd. + letters
64. Conclusion

DOWN
1. "Beat it!"
2. Wonderful whiff
3. Gladiator's garment
4. Solemnity
5. Rabbits, in Rimouski
6. Has _ _ up one's sleeve
7. Desert-like
8. _ _ good example
9. Beaver = _ rodent
10. Rupture
11. French: Ici _ _ (Here and there)
12. _ Flanders (1722 Daniel Defoe book)
15. Latka's beloved on "Taxi"
21. "Finding Nemo" (2003) character
23. Big name in Canadian almanacs
26. Rake over the _
27. Poker stake
28. Arm bone
29. Mr. Knievel
30. Chore
31. "No _!" (Happy to oblige)
32. Best _ (Greatest)
33. _ _'clock (Coffee break time)
34. "_ Lap" (1983)
38. _ _ (Bryan Adams duettist on "When You're Gone")
40. Rolling Stones guitarist Mr. Richards, affectionately to fans
43. Demurely
44. Mr. Creed (Rocky's opponent in the fight of his career)
46. "Kukla, Fran and _"
47. Picture
48. Poison
49. Give way
50. Morning swig
51. Tennis great Mr. Lendl
52. Conceal
53. _ _ above the rest (Better than)
54. Wood strip

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Today the important things in life, such as love and family, will come into focus and the not-so-important things, such as money and ambition, will be seen for the illusions they are.

Taurus April 21 - May 21
You will gain more in the long run if you help others as well as yourself. A good deed done now will pay off later, so act only in ways that bring smiles to other people's faces.

Gemini May 22 - June 21
You could come into money this week, but you may sabotage the situation if you get suspicious and wonder what people's motives are. They are not trying to trick you, they are trying to help.

Cancer June 22 - July 23
You will meet someone who attracts you today and while there may be nothing outwardly special about them on an inner level you just seem to fit together. Are you soul mates? Maybe, maybe not, but you are certainly on the same wavelength.

Leo July 24 - Aug. 23
Try not to make promises that you may have to break. Make no promises at all. If you feel that you must at the very least add a get-out clause.

Virgo Aug. 24 - Sept. 23
Get deeply involved in a cause that is close to your heart. It is not enough just to make a donation or cheer from afar, you have got to get personal. Roll up your sleeves.

Libra Sept. 24 - Oct. 23
Do more for yourself. Find ways to cut back on your commitments without making it seem as if you are abandoning friends and loved ones.

Scorpio Oct. 24 - Nov. 22
Relationships will go well today. There is something of the celebrity about you at the moment — heads turn in your direction wherever you go. Where did your star quality come from? Who knows, but don't waste it.

Sagittarius Nov. 23 - Dec. 21
Try to avoid people who always seem to be talking you down. If you want to feel good about yourself spend time with those who like you for who you are, not some impossible ideal of who you should be.

Capricorn Dec. 22 - Jan. 20
Make it your business to make other people feel good. Not only will it cheer them up but it will cheer you up as well. The more you mix with strangers the more alive you will feel.

Aquarius Jan. 21 - Feb. 19
Today's Sun-Uranus link means you are at your best and almost anything you turn your hand to will work out well. Make sure people in positions of power know who you are and what you can do.

Pisces Feb. 20 - March 20
You may be eager to prove yourself but be selective. Don't spread yourself too thin. Focus on what means most to you and aim to be the best at it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			8		6	7		
			7			1		
1	7	9				3		
9							5	1
8	3							6
		1				8	9	4
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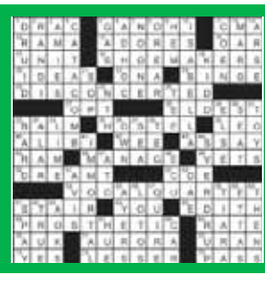

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9	3	2	7	6	8	4	5	1
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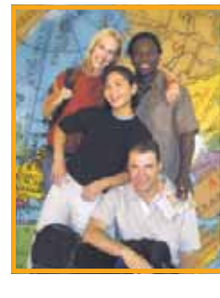
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